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## Moose to stay at Metro Centre

**QMJHL** The Halifax Mooseheads are expected to announce today a new lease agreement to stay at the Metro Centre. A press conference is scheduled for this morning to announce the details. The Mooseheads have spent all of their 16 seasons at the Metro Centre, but nearly left in 2004 when majority owner Bobby Smith — displeased with negotiations with Trade Centre Ltd. — stunned the city by signing a five-year agreement to move to the north-end Forum. Concerned with losing a major downtown draw, TCL almost immediately tabled an offer more favourable to the Mooseheads. **METRO HALIFAX**



**Sports pg 10**



**Capitanes kicked out, Rainmen in**

**On the web**  
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A man walks in front of the Spring Garden Memorial Library as the statue of Winston Churchill stands guard yesterday. HRM staff is recommending that Halifax regional council put out an estimated \$100,000 tender to put a price tag on the library site.

# What price is right?

Value only one hurdle in possible sale of Spring Garden library site

**ALEX BOUTILIER**  
for Metro Halifax

**A new staff report recommends Halifax regional council authorize an estimated \$100,000 contract to put a price tag on the Spring Garden Road Memorial Library site.**

The report, which will be debated by council today, asks councillors to approve the contract to "engage external expertise" to "value potential revenue opportunities through the sale of existing library site and nearby municipal parking lot sites."

According to the report, staff was directed by council in November 2008 to explore the sale of the current library site as a potential funding option for HRM's new Central Library, which will be located at Spring Garden Road and Queen Street.

But there is a significant hurdle to selling the site — current provincial legislation states the land can only be used for a public library and park. Under those terms, the land would be returned to the province if the site was used for any other purpose.

The current library site was the location of the former Halifax Poor House, owned by the province. The site was decided over to the former City of Halifax when the Poor House closed in 1882, under the stipulation it may only be used as a public park. That changed in 1949, when the terms of the deed were amended to allow the construction of the Memorial Library.

Due to this complication, the report recommends removing the sale of the site from the Central Library funding strategy. The report

notes, however, that the "future of the lands and building will be dealt with in a future report" and that "any revenue realized from this site could be earmarked for the new Central Library."

But Downtown Coun. Dawn Sloane said it would not be beneficial to HRM to get rid of the Memorial Library. "If anything it should be refurbished and used for a common use," she said. "If we find a use within the municipality to use (the building), we keep it ... It would be to our least benefit to get rid of it."

## Cops ID accused flasher

**PHILIP CROUCHER**  
philip.croucher@metronews.ca

**CHARGES** Halifax Regional Police have released the name of the man facing numerous charges in relation to an alleged flashing spree. Neil James Wayne MacDonald, a 26-year-old from Halifax, has been charged with seven counts of an indecent act in connection with seven incidents taking place in Halifax between March 21 and 26. He will appear in Halifax provincial court on May 18.

MacDonald was arrested over the weekend after police say another incident of a man exposing himself to a woman took place. Police say the victim complained a man exposed his genitals and committed an indecent act on Friday evening as she was walking on Pepperrell and Preston streets near Quinpool Road.

MacDonald was later arrested without incident after the victim gave police a description of the suspect, his car and the vehicle's licence plate.

The other similar incidents, police say, all took place in south-end Halifax around Dalhousie University on March 21.

Police spokesman Const. Brian Palmeter said initially there were only four reported incidents from that day, but two more women came forward after the news went public.

"We're comfortable with the charges, but at this point we're not sure of the motive," Palmeter said.



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# Local



## Tartan Day to be marked April 7

Tartan Day at the Nova Scotia legislature is taking place again this year — but a day late. Due to the spring budget, the 23rd anniversary of the proclamation proclaiming Tartan Day in Nova Scotia will be celebrated on April 7 instead of April 6, which is the date Canadians are encouraged to wear the tartan in honour of the Scottish Declaration of Independence being signed in 1320. A public celebration will be held at Province House starting at 11 a.m. METRO HALIFAX



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## Charges laid after police seize gun

**CRIME** A 37-year-old Dartmouth man is facing several charges including weapons-related offences after police allege a loaded handgun was seized from a vehicle.

Police say the gun was found after a traffic stop on Queen Street in Dartmouth on Sunday at 9:10 p.m. Police say during the stop, they determined the driver was in violation of his conditions.

He was then arrested, and police say a subsequent search resulted in the handgun being seized.

Scott Graham Blair was scheduled to appear yesterday in Dartmouth provincial court on the charges, which also included breach of conditions. METRO HALIFAX

## Correction

In the March 25 story HRM Not Dealing Well With Homelessness, says report, it was incorrectly reported that Jann Griffin suffers from AIDS. Metro Halifax apologizes for this error.



**Video** Hundreds of thousands of the odds and ends it took to put on the 2010 Winter Olympic and Paralympic Games are being sold off, with some being sold online by B.C. Auction and on Ebay, at [metronews.ca/canada](http://metronews.ca/canada)

**Video** U.S. Secretary of State Hillary Clinton walked out of a summit of Arctic coastal countries yesterday after criticizing Canada for not inviting all those with legitimate interests in the polar region, at [metronews.ca/canada](http://metronews.ca/canada)

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# Gunfire at another N. Preston home

## RCMP not ruling out link between shootings after bullets hit residence

ALEX BOUTILIER  
for Metro Halifax

### Another home in North Preston has been the target of gunfire.

Halifax RCMP responded to 935 Lake Major Rd. just past 10 p.m. Sunday after receiving reports of multiple shots being fired at the residence. Police say the suspects fled the scene in a vehicle by the time officers arrived. No one was injured, but some bullets did hit the home.

This is the second shooting in North Preston in less than a week. On

### Councillor condemns shootings

Preston-Laurencetown-Chezzetcook Coun. David Hendsbee told Metro yesterday he believes these recent shootings in North Preston aren't random, and may be retaliation. Hendsbee is urging anyone

with information to contact police.

"I hope that someone will come forward to provide information to help the police catch the perpetrators," he said. "This should not be tolerated."

March 23, a residence on Cain Street was also the target of a shooting.

Police spokesman Cpl. Joe Taplin said they are looking into whether the shootings could be related. "We would not rule anything out yet," he said.

Williams. A man who identified himself as the owner of the residence refused to speak to Metro yesterday morning.

On Oct. 9, 2009, Roger Santrevo Downey was charged with attempted murder in relation to the shooting of Marchello Williams, who was shot on Cain Street. Charges were dropped against Downey on March 19.

Four days later on March 23, Downey's residence on Cain Street was the target of a shooting. There was another shooting outside the same house on Nov. 31.

Taplin said the escalation of shootings in North Preston is concerning for RCMP, but they won't be increasing their patrols of the area.

"We have a full-time Preston unit that work out of the community," Taplin said. "They're there full time, plus we have extensive patrols in and around the area as well."

Officers were in the community at the time of the shooting and responded quickly, according to Taplin.

He described the suspects' vehicle as being silver or white in colour.

## New animal shelter to focus on homes for pets

ALEX BOUTILIER  
for Metro Halifax

**BURNSIDE** HRM's new dog pound will focus on reuniting pets with their owners and finding new homes for abandoned animals, according to its director Hope Swinimer.

Homeward Bound City Pound, located on Brownlow Avenue in Burnside, will open its kennel doors starting April 1. The new facility will provide shelter for animals brought in by HRM Animal Services.

The facility has space for approximately 21 dogs and eight cats. With about 850 animals brought in by Animal Services a year, Swinimer said the emphasis has to be on finding animals a proper home.

"It's so important to make the general public aware that we're here (and) we need their help," she said. "We're hoping to get a lot of interest and a lot of people coming in to file an application (to adopt)."

Swinimer also stressed Homeward Bound is not a drop-off shelter, but a city



Hope Swinimer, director of Homeward Bound City Pound, leads a tour of the new facility in the Burnside Industrial Park yesterday.

pound reserved for animals brought in by the municipality.

"We're here strictly for HRM and their animal-control officers," Swinimer

said. "Our job is very, very simple ... One is to give the animals the best care we can, two is give them veterinary care if they need it, three is to try and reunite

them with their owners, and four is if no owner shows up ... to market an awesome adoption program to find these animals homes."

## Police probe report of peeping tom

SHELBY MCDONALD  
for Metro Halifax

**EASTERN PASSAGE** Police are investigating a complaint of a peeping tom looking into the window of a home in Eastern Passage during the early morning hours this past weekend.

Halifax RCMP say a woman was in the bedroom of her home sleeping on Jeep Crescent at 3:50 a.m. on Sunday when she awoke and saw a man looking in the window at her from outside.

According to police, the female immediately told her husband of what she saw and he proceeded to open the front door, subsequently scaring the suspect away.

Police spokesman Cpl. Joe Taplin said the female who witnessed the man peeping in on her was "shocked and disturbed" about the incident.

Police say the suspect was wearing all black and fled on foot towards Melrose Crescent.

Taplin said there haven't been any other reports of peeping toms in the Eastern Passage area, but the public should still be aware. "If they do see anybody suspicious in and around the neighborhood, they should report it to police," he said.

## Visitor restrictions due to outbreak lifted at QEII nursing unit

**PRECAUTION** Visitor restrictions due to an outbreak of a norovirus-like illness has been lifted at one hospital in HRM, but remains at another.

Capital Health announced yesterday that

visitors restrictions have been lifted for nursing unit 6.2 at the Halifax Infirmary site of the QEII Health Sciences Centre.

Visitor restrictions, however, remain in place for nursing unit 4 West at

Dartmouth General Hospital.

Over the weekend, the long-term care facility Haliburton Place in the Hants Community Hospital in Windsor was closed to visitors because of the ill-

ness.

Health officials are asking people not to visit nursing homes or hospitals if they are ill or have close contacts who are or have been ill.

METRO HALIFAX



## Mounties probe Arichat robbery

The RCMP are investigating a weekend robbery in Arichat that left one person roughed up. Police say someone entered a local bottle exchange on Saturday, assaulted an employee and stole a sum of money. The worker wasn't seriously hurt. So far no arrests have been made. **THE CANADIAN PRESS**

# Medical duty offload in the works

Pharmacists could write prescriptions for minor illnesses, order lab tests under new regulations

PAUL MCLEOD

paul.mcleod@metronews.ca

**The province announced yesterday it is advancing its plans to offload medical duties from doctors to pharmacists to cut costs.**

Health Minister Maureen MacDonald introduced legislation that will allow the province's 1,100 pharmacists to deliver vaccines, order lab tests and adjust medication levels.

Other rule changes were announced this January to allow pharmacists to write prescriptions for minor ailments like colds, dermatitis and athlete's foot.

The health system is facing a looming funding and labour shortage, said MacDonald, and increasing the power of pharmacists will save money.

"There are health care providers in the system who are not working to the full scope of their practice," she said, noting that some people go to the emergency room to refill prescriptions when they can't get in to see a doctor.

"I can tell you right now that going to the emergency room to get your

prescription renewed is extraordinarily expensive compared to being able to get access to a pharmacist."

MacDonald refused to say how much could be saved, or even whether those numbers have been crunched.

Uptake by pharmacists could take time.

Some new procedures, such as administering vaccinations, will require new training and certification.

So far, only 40 pharmacists have completed the certification courses from Dalhousie University and the upgrade will not be mandatory.

However, it will be part of the standard training for new pharmacists.

This would potentially allow pharmacies to operate as vaccine clinics in the case of mass immunizations, such as the H1N1 drive in the fall.

None of the changes have yet taken place because the government and the province and the Nova Scotia College of Pharmacists are still working out details and standards of practice.

MacDonald said they hope to have the reforms enacted by the end of the year.



Maureen MacDonald



Andrew Buffett, pharmacist and owner of Crowell's Pharmasave in Spryfield, grabs a box off one of the shelves at his pharmacy yesterday. Pharmacists will now be able to administer vaccines as well as order and interpret lab tests to monitor drug therapy after amendments to the Pharmacy Act.

## Zinck re-enters legislature amid probe

**POLITICS** Trevor Zinck's first appearance in the legislature as an independent MLA yesterday was marked by a new investigation and hints the Dartmouth North MLA will call for a former colleague's resignation.

Earlier in the day, the CBC reported Nova Scotia Auditor General Jacques Lapointe will look into the expensing of unpaid bills that Zinck was kicked out of the NDP caucus for last week. Zinck now sits alone, behind the Liberals on the House of Assembly floor. Though several NDP members shook his hand and spoke with him as he arrived, Zinck had more

criticisms of his old party.

Last week he said he was kicked out because the NDP worried he would vote against the upcoming budget. Yesterday Zinck accused Speaker Charlie Parker, who is in charge of looking into the bills, of sacking the auditor general on him. Parker is an NDP MLA, but is supposed to be unbiased in his role as speaker. Zinck said Parker was siding with the government by quickly turning the matter over to the auditor general.

"That speaks, to me, that the speaker has actually overstepped his boundaries," he said. "And it's

very unparliamentary."

Zinck said he's considering tabling a motion in the house to call for Parker's resignation. Parker said he was just following procedure.

"I'm just trying to be fair to Mr. Zinck and to everybody involved here," he said. "I spoke to four different lawyers on this and every one of them has advised me that I should turn it over to the auditor general so that has been done. I also wrote a letter to Mr. Zinck on Friday advising him of that move and giving him an opportunity to respond."

PAUL MCLEOD  
/METRO HALIFAX

## Dexter to meet with Huskies

**CHAMPS** Nova Scotia Premier Darrell Dexter has a date with the Saint Mary's Huskies and the University Cup today at Province House in Halifax.

The Huskies captured the top prize in Canadian Interuniversity Sport men's hockey on Sunday

with a 3-2 overtime victory over the Alberta Golden Bears in Thunder Bay, Ont.

It was the first national hockey title in the school's history and the Huskies' fifth appearance in the championship game.

A ceremony will be held at 2 p.m. Dexter will read a

statement, followed by photographs with the team in the Red Room.

The Huskies were scheduled to fly back into Halifax last night. The Saint Mary's community is also celebrating the victory on Thursday at 5 p.m. at The Tower.

METRO HALIFAX

## RCMP IDs man killed in crash

**HIGHWAY** The RCMP has identified a 71-year-old Nova Scotia man killed in a weekend highway crash in New Brunswick.

David Mackeen was from the Tatamagouche area. Police say the man's car hit the side of a ditch after leaving the Trans-Canada Highway near Memramcook around noon on Saturday.

The car rolled, landing in a culvert.

Mackeen, the lone occupant of the vehicle, was declared dead at the scene.

THE CANADIAN PRESS

## News in brief

**COURT** A 39-year-old Halifax man will appear in court at a later date after police say they seized drugs and brass knuckles during a traffic stop late last week. Halifax Regional Police say officers conducted the stop on Connaught Avenue around 7:20 p.m. The driver was arrested, police say, and a search led to crack cocaine, marijuana, di-laudid and percoet being

found, along with the brass knuckles. The man is facing weapon and drug trafficking charges.

**DEATH** RCMP in New Brunswick are trying to identify a body that was found frozen in a marsh behind a shopping mall in Moncton. Police say they consider the death to be suspicious.

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The cruise ship season is getting off to its earliest start ever in the Port of Sydney. The first passengers of the 2010 season are scheduled to arrive in Cape Breton on April 20 aboard the Costa Atlantica. The ship is among 45 vessels expected to visit this year. **THE CANADIAN PRESS**

# Swift home for tour's end

Singer-songwriter to play in city tomorrow before short break

SHELBY MCDONALD  
for Metro Halifax



**Thom Swift is looking forward to playing in the city he calls home after a few busy months on the road.**

A recent stop for the Halifax singer-songwriter included a performance at the Atlantic Canada House during the 2010 Winter Olympics in Vancouver.

"I was humbled to be chosen as one of the artists to go out there and represent our region," Swift said in a phone interview. "It was a really wonderful experience."

How busy has it been for Swift, who is performing in Halifax tomorrow night?

After his show at the Olympics, Swift took off to Memphis for the North American Folk Alliance, then to Sydney for the East Coast Music Awards. From there, he travelled to Ontario for some performances with fellow Nova Scotian J.P. Cormier and continued on to Toronto for Canadian Music Week.

"It kind of goes along with what it is that I do for a living," Swift said about touring. "You got to travel. You can't stay in the same town all the



Halifax singer-songwriter Thom Swift is performing tomorrow night at the Casino Nova Scotia's Compass Room at 8 p.m.

time."

Swift has kept his travelling to the Maritimes lately. He and his band the El Caminos have been on a tour of New Brunswick, Prince Edward Island and Nova Scotia since March 19.

His tour ends tomorrow with a performance at Casino Nova Scotia's Compass Room at 8 p.m.

Swift is touring in support of his second CD ti-

## Tickets

- Thom Swift is taking to the stage at the Casino Nova Scotia's Compass Room at 8 p.m. Tickets are \$25 each.

tled Blue Sky Day that was released last month. He said he had one goal in mind when putting out the record.

"I just wanted it to be better on all fronts," Swift

explained. "I wanted it to sound better, I wanted the songs to be stronger, I wanted the playing to be stronger, every facet, I wanted everything to be better."

After tomorrow's show, Swift plans to take a short break. Then, it's full force on the road again.

"It will just be non-stop touring," he said. "We'll just keep doing what it is that we do."

# Tattoo has hopes that Queen can still attend

**SAFETY CONCERNS** The Royal Nova Scotia International Tattoo says it still hopes the Queen will attend the event's opening this summer.

A plan to have the Queen officially open the tattoo was recently scuttled over safety concerns.

In a statement to clarify its position on the decision, organizers say they are disappointed the Queen will not be attending the event, which opens July 1.

The statement says problems with the Queen's attendance arose over theatrical risers the 83-year-old monarch would have to use to go on stage.

The tattoo says the problem isn't the Queen's age, but questions were raised about her safety.

It also says it wouldn't want to do anything that would damage the Queen's dignity.

"The tattoo has always been and still is prepared

to do anything to make this visit possible and is only concerned that the appropriate levels of safety and dignity are maintained for the monarch," its statement says.

The tattoo says it has suggested a number of options to allow the Queen to attend, including the construction of special stages for her, and allowing her to speak from the royal box.

"The Tattoo is immensely disappointed, especially on be-

half of the younger cast members and those cast members serving in the Canadian Forces and the Royal Canadian Mounted Police, that officials somewhere in the chain of communication between Nova Scotia and Buckingham Palace via Ottawa have decided to block this opportunity," the statement says.

"The tattoo hopes this decision can be reversed."

**THE CANADIAN PRESS**



The Queen

## News in brief

**SWORD CHARGE** A 24-year-old Amherst man will return to court in May to enter a plea after being charged with possessing a sword. The man was charged after being seen on several Amherst streets with a sword just after 2 a.m. on

March 10. Amherst Police Department Staff Sergeant Scott White said the sword wasn't used on anyone in the public. The man was arrested and released on a recognizance last week with a court date of May 3. **AMHERST DAILY NEWS**

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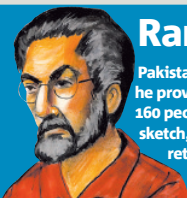


## Newfoundland dips into deficit

Newfoundland and Labrador will dip into deficit for a second straight year with a budget that promises big spending on children and health care as it racks up debt. **THE CANADIAN PRESS**

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# Canada



## Rana pleads not guilty to U.S. charges

Pakistani-Canadian terror suspect Tahawwur Hussain Rana has pleaded not guilty to U.S. charges he provided material support to terrorists for the 2008 Mumbai terror attack that killed more than 160 people, during a pre-trial court appearance yesterday in Chicago. Rana, seen in this courtroom sketch, is being prosecuted on multiple terrorism-related charges for allegedly planning a violent retribution against the workers of Jyllands-Posten, the Danish newspaper that controversially published cartoons of the Prophet Mohammed in 2005. **THE CANADIAN PRESS**

## Clinton calls for an Afghan extension

Hillary Clinton dropped a political hot potato into the Harper government's lap yesterday, calling on Canada to extend its military mission in Afghanistan.

The controversial "ask" from the U.S. secretary of state, which had been widely anticipated, came on the eve of the Canadian-hosted G8 foreign ministers meeting.

"We would obviously like to see some form of support continue, because the Canadian Forces have a great reputation," Clinton told CTV News yesterday.

She said the post-2011 mission could be different from the current combat role in Kandahar Province,

### Debate?

• Though many Canadians have no appetite for further military involvement in Afghanistan, Clinton's comments will be sure to spark debate.

the spiritual heartland of the Taliban.

"The military could slip more into a training role than into a combat role," she said.

The Conservative government has repeatedly insisted that all Canadian troops will be withdrawn as scheduled in July 2011 — a position echoed by Foreign Affairs Minister Lawrence Cannon just last

week.

But there was never an outright request from the Americans. The Harper government now has to decide whether to turn down its closest ally or renege on its pledge. Cannon was expected to address the issue at a press conference yesterday evening.

Clinton's request came a day after U.S. President Barack Obama made a surprise visit to Afghanistan and chided President Hamid Karzai over the long-standing concerns of corruption in his fragile, Western-backed government. The G8 ministers, are meeting to talk about security.

**THE CANADIAN PRESS**



U.S. Secretary of State Hillary Clinton at the Arctic Ocean Foreign Ministers' Meeting yesterday in Chelsea, Quebec. She left the summit after criticizing Canada for not inviting all those with legitimate interests in the region, and told CTV News continued support in Afghanistan would be welcome.

## Try foreign torturers, court hears

**LAW** Canada should allow lawsuits against foreign officials accused of torture by people living in the country, an Ontario court heard yesterday.

Amnesty International and the Canadian Centre for International Justice argued there should be no immunity for those accused of torture, war crimes, genocide or crimes against humanity.

**THE CANADIAN PRESS**



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**Dogs spook sheep, send them running to their demise**

Police say 67 sheep died when a pair of dogs attacked them and sent them fleeing into the path of a freight train in southwestern Germany. **THE ASSOCIATED PRESS**

7

# World

## U.S. militia members charged in attack plot

**Nine alleged members of a Christian militia group that was girding for battle with the Antichrist were charged yesterday with plotting to kill a police officer and slaughter scores more by bombing the funeral — all in hopes of touching off an uprising against the U.S. government.**

Seven men and one woman believed to be part of the Michigan-based Hutaree were arrested over the weekend in raids in Michigan, Indiana and Ohio, and another was still being sought.

FBI agents moved quickly against the group because its members were planning an attack sometime in April, prosecutors said.

Authorities seized guns in the raids but would not

say whether they found any explosives.

The arrests have dealt "a severe blow to a dangerous organization that today stands accused of conspiring to levy war against the United States," Attorney General Eric Holder said.

Authorities said the arrests underscored the dangers of homegrown right-wing extremism of the sort seen in the 1995 Oklahoma City bombing that killed 168 people.

In an indictment unsealed yesterday, prosecutors said the group began military-style training in the Michigan woods in 2008, learning how to shoot guns and make and set off bombs.

David Brian Stone, 44,

and one of his sons were identified as the ringleaders of the group. Stone, who was known as "Captain Hutaree," organized the group in paramilitary fashion and members were assigned secret names, prosecutors said. Ranks ranged from "radoks" to "gunners," according to the group's Web site.

**THE ASSOCIATED PRESS**



After health-care reform victory, emboldened Obama standing tall abroad

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## Somalia **Protesting extremists**



Somali demonstrators hold placards reading "Fight Those who dug our Clerics' graves" as they march in Mogadishu, Somalia, yesterday. Hundreds of women and children took to the streets in the government-controlled southern part of the capital to protest the actions of al-Qaida-linked groups in their country.

## UN condemns Moscow terror attack

**UNITED NATIONS** The UN Security Council yesterday strongly condemned the terrorist attacks on Moscow's subway as "an unjustifiable crime." The UN's most powerful body approved a statement hours after yesterday morning's twin suicide bombings that killed at least 38 people and wounding more than 60 calling terrorism "one of the major threats against international peace and security."

Chechen militants are suspected in the bombings, carried out by two female suicide bombers.

The council expressed determination "to fight against all forms of terrorism," stressing that "any terrorist attack is an unjustifiable crime whatever the motives, the time, the place or the authors."

**THE ASSOCIATED PRESS**

## News in brief

**MASSACHUSETTS** Nine teens have been charged in the "unrelenting" bullying of a teenage girl from Ireland who killed herself after being raped

and enduring months of torment by classmates in person and online, a prosecutor said yesterday. District Attorney Elizabeth Scheibel said 15-year-

old Phoebe Prince was stalked and harassed nearly constantly from September until she killed herself Jan. 14.

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Barbados..... 9.9 ¢	Greece.....2.9 ¢
Chile..... 2.9 ¢	Guatemala.... 10.9 ¢
China..... 2.9 ¢	Guyana.....27.9 ¢
Ecuador.....12.9 ¢	Honduras.....15.9 ¢
El Salvador..... 9.9 ¢	Iraq..... 4.9 ¢
Jamaica..... 8.9 ¢	Israel.....2.9 ¢
Jordan.....3.9 ¢	Italy..... 2.9 ¢
Kenya.....6.9 ¢	Russia..... 2.9 ¢
Kuwait.....6.9 ¢	Saudi Arabia... 3.9 ¢
Lebanon..... 9.9 ¢	South Korea.. 2.9 ¢
Libya.....24.9 ¢	Sri Lanka.....11.9 ¢
Nepal.....7.9 ¢	Trinidad..... 4.9 ¢
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# Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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## Comment

# Tories seeking Grit knockout blow

## NationalReport

**Lawrence Martin**

metronews.ca/nationalreport

Stephen Harper's chutzpah. There's nothing like it. Remember his election-finance manoeuvre of some time ago, the one that stank the joint out, almost toppling his government?

It's back. The Conserva-

tives have confirmed that the measure, which would eliminate the per-vote subsidy that political parties receive, will be part of their next election platform.

It's not such a dangerous time to reintroduce the plan. Still, one would think the prime minister wouldn't want anyone, including members of his own party, to be reminded of it.

But he faces no challenge within the Conservative party. In popularity, he is running behind his party. According to the latest

poll, his job approval rating is only 29 per cent. The party stands at 35 per cent. But there is no heir apparent, so this doesn't matter.

What matters is Harper's determination to cripple the Liberals. He sees cancelling public funding, which was included in his budget update package in November 2008, as one of the principal ways. Take away the subsidy and it gives his Tories a big advantage because they are much better at fundraising. For example, in 2009, according to Elections Canada, the Conservatives

raised almost \$18 million, the Liberals just more than \$10 million. They were followed by the NDP with \$4 million, the Greens with \$1 million, and the Bloc with \$834,000.

Money is key, not just at election time. Deep pockets allowed the Conservatives, among other things, to run effective attack ads against Stéphane Dion and Michael Ignatieff. The Grits didn't have enough swag to respond in kind. Last fall, when they finally did have cash in the till, they ran ads featuring Ignatieff standing in front of a for-

est, mouthing platitudes.

The Tories don't have to worry that the opposition parties will rush to form a coalition to block the funding measure this time. The Governor

General wouldn't turn power over to a coalition at this stage. There would have to be an election, one Harper would probably win.

Putting the funding measure in the campaign platform is the smart way to go about achieving the change. This way, the Tories can slip it in under the radar. It won't be a major campaign issue and if it

does come up, they can argue that in difficult economic times, the public should not be funding political parties.

Opposition parties argue that a return to private financing of parties opens the doors to all kinds of abuses, some of which are seen in the U.S. system. But it's doubtful they would be complaining if they knew how to raise money like Harper and company.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

## Views

# Boomer onslaught threatens health care

## InBusiness

**Charles Davies**

metronews.ca/inbusiness

For decades, baby boomers have had a profound impact on just about every aspect of society you care to name, from art and popular culture to politics and economics.

Now, the demographic bulge that makes up close to one-third of Canada's population is getting old, and it's about to train the full force of its neediness on one of our most treasured institutions — the health-care system. The question is: Will the effect be merely great, or will this increasingly decrepit

horde cause the collapse of health care, producing a tsunami across the economy?

The answer is buried in the contradictory nature of the boomers themselves. They simultaneously defy traditional notions of aging, yet feel completely entitled to impose extraordinary demands on the health-care system.

At the onset of senior citizenship, they're far perkier than their parents' generation at the same age. They're generally more active, they're working longer, they're embracing wellness in all its forms, and they can look forward to a steadily expanding life expectancy. Yet the numerically greatest generation of all aggressively consumes prescription drugs, medical tests, surgical procedures and all kinds of an-

cillary care. After all, they're boomers, and it's their due.

The stakes in the boomer health-care onslaught are extremely high. This year, as the first of the boomers turn 65, Ontario will spend more than 46 cents of every dollar it takes in to fund health care. At the current annual rate of growth, the province will spend 50 cents on the dollar on health care by 2014, and about 66 cents by 2030, when the youngest boomers will hit retirement age.

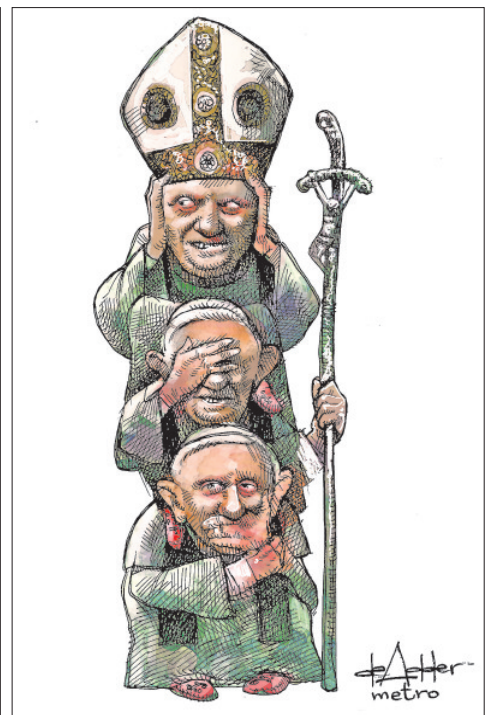
Ontario isn't alone. Every province faces the prospect that health-care costs will spiral out of control, undermining other priorities, like educating people and helping to grow the economy.

Obviously much needs to be done to better manage

the health-care system, to make it more efficient and effective for each dollar spent. But much depends on baby boomers' attitudes and behaviour. Granted, killers like cancer and heart disease are threats, so are obesity and age-related diseases like diabetes and high blood pressure.

To the extent that boomers stay active, follow balanced diets and avoid bad habits, the risks will be mitigated. The same goes for proactive screening to detect conditions before they become serious. Senior boomers who lead healthy lifestyles won't just be helping themselves; they'll be helping all of us. Let's hope they eat their spinach.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



Tell us your views by email to [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca) or comment on [metronews.ca](http://metronews.ca) or on Twitter @metrohalifax

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## Canwest gets extension

Canwest Global Communications Corp. says the Ontario Superior Court of Justice has extended the media company's creditor protection from bankruptcy until June 15. Canwest filed for protection from bankruptcy last fall after amassing \$4 billion in debts and getting squeezed by the recession-induced slump in advertising revenues. **THE CANADIAN PRESS**

9

<h1>Business</h1>	<b>DOLLAR</b>	<b>GAS</b>	<b>OIL</b>	<b>TSX</b>
	US <b>97.97¢</b>	US <b>\$3.898</b>	US <b>\$82.17</b>	<b>12,029.72</b>
	US <b>.57¢</b>	US <b>2.6¢</b>	US <b>\$2.17</b>	<b>72.35</b>

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Strategy a mistake: TD

**Economists and business leaders are warning the federal Liberals that they are about to repeat Stephen Harper's mistake in proposing to scrap billions of dollars in scheduled corporate tax cuts.**

The federal Conservatives' two-point cut of the GST made for good politics but bad economics, economists have long complained.

Now they say Liberal Leader Michael Ignatieff is also attempting to take the easy political route in trying to raise an estimated \$6 billion in additional revenue, buying future votes at the expense of the long-term health of the economy.

On Sunday, Ignatieff said a Liberal government would freeze the corporate tax rate at 18 per cent, in-

definitely deferring a planned cut to 15 per cent until it's affordable.

But TD Bank chief economist Don Drummond said yesterday there is almost universal agreement among experts that the most destructive taxes are those on corporations and the least are sales taxes.

In 2006, the Tories cut the GST rather than what economists say would have been preferable — reducing income levies, particularly on lower-earning Canadians.

The moves proposed by Ignatieff would take billions of dollars from a corporate sector that is just emerging from a deep recession and needs the money to invest and modernize, economists said.

Canadian Chamber of

Commerce president Perin Beatty said the federal Liberals sprang the proposal without consulting with the business community beforehand.

"It was a surprise and an unpleasant one," he said. "We will be following up

with them to express our deep concern about this."

It is furthermore unclear whether Ottawa would gain as much as the Liberals believe, said Toronto-area economic consultant Dale Orr.

**THE CANADIAN PRESS**



Don Drummond

## Mortgage rates rise

**BANKING** Two of Canada's biggest banks are increasing some of their residential mortgage rates effective today, in the latest sign that the era of historically low rates could soon come to an end.

The changes affect closed mortgages with terms of three, four and five years at RBC Royal Bank and TD Canada Trust. Rates for mid-term mortgages like these tend to reflect the banks' borrowing costs on bond markets.

The biggest increase announced yesterday affects five-year mortgages. Both banks are hiking their posted rate by six-tenths of a per cent to 5.85 per cent from 5.25 per cent.

A homeowner taking on a mortgage of \$250,000 at the new rate of 5.85 per cent over a 25-year amortization period would pay \$1,577 per month. Prior to today's hike, that mortgage would have cost \$1,489 a month, or \$88 less.

**THE CANADIAN PRESS**

## Self-employment increases

**ECONOMY** A new study says self-employment rose substantially during the recent economic downturn, while paid employment declined.

Statistics Canada says layoffs among paid workers might account for some of the increase in self-employment, but not all of it.

The agency reports self-employment increased by more than 100,000, or 4.3 per cent, between October 2008 and October 2009.

Meanwhile, paid em-

ployment fell by 480,000, or 3.3 per cent.

StatsCan says 28 per cent of recently laid-off paid employees came from manufacturing industries while many of the newly self-employed were in services.

**THE CANADIAN PRESS**



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## Rio Tinto fires four

**LEGAL** Unexpectedly harsh jail sentences of seven to 14 years for four Rio Tinto employees charged with taking bribes and stealing commercial secrets could augur tougher times for foreign companies and errant executives in China's unruly business world.

Seeking to protect its business ties from what it

termed the men's "deplorable behaviour," the mining giant promptly fired all four. The court's rulings against Australian citizen Stern Hu — sentenced to 10 years — and three Chinese co-workers suggest authorities are taking a sterner stance toward foreign companies.

**THE ASSOCIATED PRESS**

## Cars Hybrid agreement



Toyota Motor Corp. Vice President Takeshi Uchiyama, left, and Mazda Motor Corp. Vice President Masaharu Yamaki during a joint press conference yesterday in Tokyo, Japan. The two announced that Toyota will provide its key gas-electric hybrid technology to Mazda under a licensing agreement.

## Your Money

### Claiming home reno tax credit

Alison OnMoney



[metronews.ca/alisononmoney](http://metronews.ca/alisononmoney)

As the April 30 federal tax deadline draws near, the hunt for deductions intensifies. One sweet gimme from Ottawa is the 2009 Home Renovation Tax Credit.

In order to be eligible for the credit, materials must have been paid for and work completed by the deadline. If a job straddled the deadline, whatever you paid up to Feb. 1 is claimable. However, if you have been billed by a contractor before the deadline but didn't pay until after you can still claim the amount. But deposits on work not yet begun or product not acquired, i.e. in your hands doesn't count.

Renovations to income property, whether it is a separate premises or part of the one you live in, won't qualify. Also, work can't have been done by a relative.

If your spending didn't hit the \$15,000 mark to claim the maximum grant here are a few things you might be overlooking: Permits; equipment rental; air conditioning; and even in-ground swimming pools all qualify. Some window treatments are eligible if they are considered permanent fixtures.

And don't forget materials for DIY jobs from lumber and tile to paint and nails. But if you bought tools in order to install your own toilet they, unfortunately, don't have the HRTC green light.

I expect the HRTC is going to be high on the CRA's radar. Make sure you have official proof of payment. For information go to [cra-arc.gc.ca](http://cra-arc.gc.ca) and search HRTC.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at [griffiths.alison@gmail.com](mailto:griffiths.alison@gmail.com).

## Preventing ID theft

HEATHER BUCHAN  
For Metro Canada



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thieves want following information:

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For more information on your privacy rights, call the Office of the Privacy Commissioner of Canada at 1-800-282-1376.

Identity theft costs the Canadian economy \$2.5-billion a year, according to the Canadian Council of Better

Business Bureau. It is essentially the unauthorized possession, trafficking, or use of someone else's personal information.

Fraudsters steal people's personal information in order to access bank accounts, transfer bank balances into their own accounts, apply for loans or credit cards under someone else's name, make purchases on someone else's card, receive government benefits under someone

### Fraud Prevention



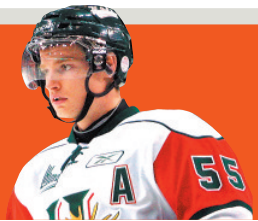
The Pictou County Weeks Crushers have completed an upset over the Truro Bearcats in the Maritime Junior A Hockey League's Bent Division best-of-seven final. The Crushers edged the Bearcats 3-2 in New Glasgow last night to take the series in six games. The Crushers face the Woodstock Slammers in the MJHL final. **METRO HALIFAX**

# Sports

## Amyot getting screen time

Halifax Mooseheads defenceman Pascal Amyot is currently featured in a video on the QMJHL's official website, [hlmq.qc.ca](http://hlmq.qc.ca), for his nomination for the Marcel Robert Trophy as the league's scholastic player of the year. The winner will be unveiled Thursday.

METRO HALIFAX



EDITOR: DON.MCHOULL@METRONEWS.CA

## Capitanes gone from PBL

Rainmen in playoffs after Puerto Rico booted for 'disregard' of rules

MATTHEW WUEST

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The Halifax Rainmen are headed to the playoffs after the Premier Basketball League expelled one of its top teams yesterday.

The PBL announced the second-place Puerto Rico Capitanes — considered a top contender with an impressive 14-3 record — are no longer in the league because of a "blatant disregard for league rules," according to commissioner Tom Doyle.

Doyle said the Capitanes left hotel bills unpaid in Maryland and Quebec City and that they only submitted two potential playoff dates — instead of the six requested. Perhaps most serious, Doyle said the Capitanes threatened to go home instead of travel to Halifax on Sunday, March 21, for a much-anticipated game against the Rainmen, and only made the trip after owner Andre Levingston intervened and chartered a



Puerto Rico Capitanes guard Elias Ayuso, a favourite for Premier Basketball League MVP, walks down the court at the Metro Centre earlier this season. The Capitanes were expelled from the PBL yesterday.

\$12,000 flight to get them here.

Doyle said the Capitanes were issued a written warning on Monday, March 22, to pay back the hotels and Levingston, as well as submit more playoff dates, with a deadline to respond of Wednesday, March 24, at

noon ET.

"Not a peep," Doyle said, of what happened when the deadline passed.

Doyle said the owners decided unanimously on Friday, March 26, to expel the Capitanes.

"If you don't want to be a part of the league, if you

don't want to play by our rules, then I don't want you in here," Doyle said.

The departure of the Capitanes leaves the Rochester RazorSharks (14-4) in second behind the Lawton-Fort Sill Cavalry (16-2), with the Rainmen (11-6) in third, one game ahead of the Vermont Frost Heaves (10-7).

The Rainmen were in a fight with the Frost Heaves for the fourth and final playoff spot before the Capitanes were expelled, but now, both clubs have secured post-season berths.

The Capitanes' schedule in the Baloncesto Superior Nacional — the top league in Puerto Rico — starts tomorrow, but they were originally scheduled to play in the PBL simultaneously.

A wealth of talent leaves with the Capitanes, including PBL scoring leader and MVP favourite Elias Ayuso.

Doyle said the Capitanes had a contractual obligation to pay for their travel and that the "league will assist Andre in getting that money back."



Saint Mary's forward Mike Danton (second from left) celebrates winning the University Cup on Sunday in Thunder Bay, Ont.

## Danton expected to remain with Huskies, says Stienburg

MATTHEW WUEST

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**SMU** The Saint Mary's Huskies will be losing some key players in the off-season, but ex-NHLer Mike Danton isn't expected to be one of them.

The 29-year-old Danton played a key role in helping the Huskies capture their first University Cup as the top team in Canadian Interuniversity Sport men's hockey, putting a six-year absence from the game behind him and scoring 11 goals in 19 games after enrolling in school in January.

Danton, who is on parole after serving five years in prison for plotting to murder his agent, plans to take summer courses at Saint Mary's in pursuit of a sociology degree. Head coach Trevor Stienburg sees Danton in the lineup again next fall.

Stienburg, who called giving Danton a second chance the best decision he has made in his life, said Dan-

ton is just getting started in his rehabilitation.

"It's a long process and it's not over — it's a journey for him," Stienburg said.

But he's off to a good start, and not just on the ice, according to Stienburg.

"The kid gets in the morning every day and he's happy," he said. "He's going a different route in his life and he's probably never been involved with such a good group of people. I think it's making a difference in his life, and his intensity and his passion definitely inspired our guys."

The Huskies will lose former national player of the year Marc Rancourt as well as all-star sniper Cody Thornton and foot-soldiers Chris Morrison and Scott Brophy.

With two straight Atlantic titles under their belt and now a national title, the Huskies appear positioned for future success.

"I haven't even thought about it," admitted Stienburg, "but we're going to keep our foot on the gas."

### Sports in brief

**QMJHL** The Moncton Wildcats will open the QMJHL quarter-finals against the Rouyn-Noranda Huskies on Friday at 7:30 p.m. in Rouyn-Noranda, Que. The Wildcats finished 14 points ahead of the Huskies in the regular season. The Saint John Sea Dogs are still awaiting their quarter-final opponent.

METRO HALIFAX

## Desjardins to play for Canada at U-18 tourney: Russell

**HOCKEY** Gabriel Desjardins will play for the Canadian under-18 men's hockey team in April according to the Halifax Mooseheads head coach and general manager Cam Russell.

Although the roster isn't expected to be released by Hockey Canada until later this week, Russell said yes-



Gabriel Desjardins

terday Desjardins has been informed he will wear the

Maple Leaf at the IIHF world under-18 championship in Minsk and Brest, Belarus, starting April 13.

The 17-year-old winger had 15 points in his final 16 games to finish fourth in scoring on the Mooseheads with 32 points in 62 games.

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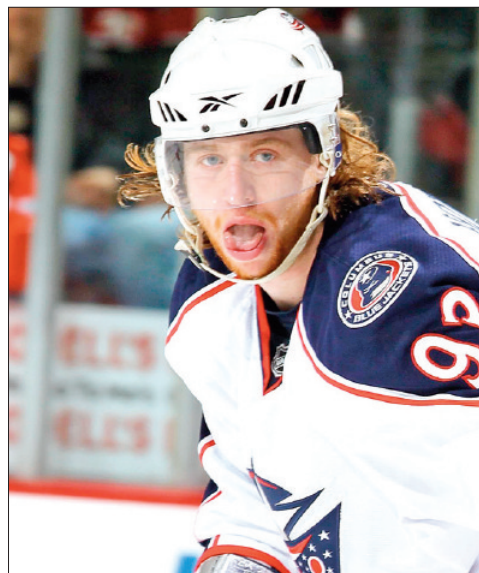
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# Heat forward apologizes for racy photos

Miami Heat forward Dorell Wright says he is "embarrassed" that explicit photos of himself have been posted on the Internet. Through the team, Wright issued an apology yesterday, saying the matter "is something I truly regret." **THE ASSOCIATED PRESS**

# sports 11



Jakub Voracek of the Columbus Blue Jackets skates against the New Jersey Devils last week.

# Herd alum on a tear

**MATTHEW WUEST**  
matthew.wuest@metronews.ca

**Former Halifax Mooseheads star Jakub Voracek is quietly playing the best hockey of his young NHL career.**

The 20-year-old right-winger has been scorching hot for the Columbus Blue Jackets lately, with eight goals, 13 assists and a plus-9 rating in his past 17 games to put him on the verge of a 50-point sophomore campaign.

The turnaround coincides with the Blue Jackets' firing of Ken Hitchcock as head coach on Feb. 3.

"It's confidence," Voracek told Yahoo.com. "We're playing more minutes now (under interim

coach Claude Noel) and we're having fun. Everybody likes to score. It makes everybody happy. I'm no different. For me, it's a lot happier now than earlier this season." The six-foot-one, 213-pound native of Kladno, Czech Republic, has 16 goals and 33 assists for 49 points in 75 games this season. He had 38 points in 80 games as a rookie after being drafted seventh overall in 2007.

Voracek played the 2006-07 and 2007-08 seasons with the Mooseheads, recording 187 points in 112 games to sit ninth on the franchise's all-time scoring list. His points-per-game rate of 1.66 sits third behind Ramzi Abid and Ladislav Nagy.

# Raps get much-needed win

**NBA RESULTS**

**Raptors 103 Bobcats 101**

Chris Bosh had 22 points and 11 rebounds, Hedo Turkoglu hit the go-ahead three-pointer a day after getting benched, and the Toronto Raptors beat the Charlotte Bobcats 103-101 last night for a key victory in the Eastern Conference playoff race.

The Raptors (36-37) entered having lost three straight and 13-of-17, but they managed to snap

Charlotte's three-game winning streak to stay in eighth place in the East, a game ahead of Chicago.

Toronto was up two when Sonny Weems missed two free throws with 13 seconds left to give Charlotte a chance. But Tyson Chandler couldn't handle Raymond Felton's pass in the lane.

It left owner Michael Jordan shaking his head as the Bobcats (38-35) remained in seventh in the East and surrendered the tiebreaker to Toronto. Jordan was upset when Toronto used a 7-0 spurt to start the fourth to take the lead.

**THE ASSOCIATED PRESS**

SCOREBOARD										
NHL						WESTERN CONFERENCE				
YESTERDAY'S RESULTS						GP	W	L	OL	GF GA PT
Buffalo 3 Boston 2						dx-San Jose	76	47	19	10 247 198 104
Carolina 4 Atlanta 1						dx-Chicago	74	46	21	7 241 191 99
Nashville 3 Florida 2 (OT)						d-Vancouver	75	45	26	4 244 195 94
Los Angeles at Minnesota						x-Phoenix	76	47	23	6 210 187 100
Dallas at Anaheim						Nashville	77	44	27	6 214 212 94
TODAY'S GAMES						Detroit	75	39	23	13 207 197 91
Atlanta at Toronto, 8 p.m.						Los Angeles	74	42	26	6 216 199 90
Boston at New Jersey, 8 p.m.						Colorado	75	41	27	7 225 207 89
N.Y. Rangers at N.Y. Islanders, 8 p.m.						Calgary	76	38	29	9 194 193 85
Ottawa at Washington, 8 p.m.						St. Louis	75	35	30	9 203 205 81
Tampa Bay at Columbus, 8 p.m.						Dallas	75	33	28	14 235 235 80
Edmonton at Detroit, 8:30 p.m.						Anaheim	74	35	31	8 208 226 78
Chicago at St. Louis, 9 p.m.						Minnesota	75	36	33	6 205 224 78
Los Angeles at Nashville, 9 p.m.						Columbus	76	31	32	13 204 243 75
Phoenix at Vancouver, 11 p.m.						Edmonton	75	24	44	7 190 255 55
OVERALL STANDINGS						EASTERN CONFERENCE				
GP	W	L	OL	GF	GA	PT				
z-Washington	75	49	15	11	292	214	109			
dx-Pittsburgh	76	44	25	7	237	217	95			
dx-Buffalo	75	42	23	10	215	189	94			
x-New Jersey	75	44	26	5	203	183	93			
Ottawa	76	41	30	5	205	216	87			
Montreal	76	37	31	8	204	208	82			
Philadelphia	76	38	32	6	221	210	82			
Boston	75	34	29	12	190	189	80			
Atlanta	76	33	31	12	224	240	78			
N.Y. Rangers	75	33	32	10	197	203	76			
Carolina	76	32	35	9	210	236	73			
N.Y. Islanders	75	31	34	10	196	232	72			
Tampa Bay	75	30	33	12	197	237	72			
Florida	75	30	33	12	195	220	72			
Toronto	76	28	35	13	202	250	69			

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# Sports in brief

**SOCCER** Carlos Tevez's 13-minute hat trick gave Manchester City a 3-0 victory over 10-man Wigan yesterday to stay within two points of the final Champions League place. Liverpool had beaten Sunderland 3-0 Sunday to move to fifth but City reclaimed the position and is two points behind fourth-place Tottenham.

**NBA** The chief executive of the New Jersey Nets will have lunch with a fan who recently wore a brown bag over his head to protest the team's woeful season. Nets CEO Brett Yormark and Chris Lisi of Midletown, N.J., will sit down for lunch today at the Nets' headquarters.

**NASCAR** Denny Hamlin surged to the front after a blunder and won the rain-delayed NASCAR race at Martinsville Speedway in a wild finish. The victory was Hamlin's second straight on the shortest, oldest track in the Sprint Cup Series.

**BASKETBALL** Centre Cole Aldrich, who helped lead Kansas to its sixth straight Big

12 title, is headed for the NBA. The six-foot-11 junior made the announcement in a news conference yesterday. Aldrich averaged 11.3 points and 9.8 rebounds for the Jayhawks, who were the overall No. 1 seed in the NCAA tournament before they were upset by Northern Iowa.

**SOCCER** Arsenal says captain Cesc Fabregas could still play against Barcelona tomorrow in the Champions League quarter-finals after receiving treatment for bruising on his knee and leg. Arsenal said the Spain midfielder is "fighting to be fit" after being injured in Saturday's 1-1 draw at Birmingham.

**BASEBALL** Washington Nationals general manager Mike Rizzo said right-hander Stephen Strasburg will make his minor-league debut for double-A Harrisburg against Altoona April 11. Strasburg was optioned to Harrisburg March 20 after going 1-0 with a 2.00 ERA in nine exhibition innings.

**METRO NEWS SERVICES**

# Coach not proud of outburst that became online hit

**AHL** A screaming, stick-breaking meltdown caught on video has turned Jim Playfair into an Internet sensation.

The intense but usually controlled head coach of the American Hockey League's Abbotsford Heat became enraged over the weekend following a call by referee Jamie Koharski during a game against the Hamilton Bulldogs.

A jaw-dropping video on the Internet shows Playfair violently shattering two sticks and ripping off his jacket while screaming at officials.

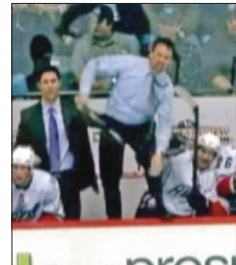
The video had drawn more than 600,000 views on YouTube as of yesterday afternoon. It even made CNN.

Playfair isn't proud of the outburst but he's not sure he needs to say sorry either. "It is what it is," a soft-spoken Playfair said yesterday after the Heat practised. "I'm not going to apologize for it."

"It's part of the emotion level you have to have to get to be a professional person. That's what happened."

The former NHL player and Calgary Flames coach seemed composed but uncomfortable in the glare of attention the incident has attracted. He shifted from foot to foot while patiently answering questions from the larger-than-normal media turnout.

He would have rather talked about last night's key divisional game against the



In this image from a video, Abbotsford coach Jim Playfair throws a tantrum on the team bench after a penalty call.

**VideoOnline**

Watch a video of Jim Playfair's outburst at [metronews.ca/sports](http://metronews.ca/sports)

Manitoba Moose. Instead Playfair had to find an explanation for something that most people found unexplainable.

"It's not something you are proud of," said the 45-year-old. "It isn't my proudest moment for sure. It's not to the point where it's embarrassing."

"It is what it is. I can't take it back. I can have you check my history and it's just not something I do consistently. It's not a motivational tool. It's something that happened in the heat of the moment."

An AHL spokesman said Playfair has been fined an undisclosed amount for the incident.

**THE CANADIAN PRESS**

# NHL denies report that deal is in place to move Coyotes

**LEASE AGREEMENT** The NHL is denying a report that it has a deal in place to move the Phoenix Coyotes if a lease agreement at the team's suburban arena isn't reached in the near future.

The report, published in yesterday's online edition of the Phoenix Business Journal, said a deal with Jerry Reinsdorf to buy the Coyotes and keep them in Glendale could hinge on a clause that would allow the owner of the Chicago Bulls and White Sox to move the team if its bottom line doesn't improve.

The report went on to say the NHL is in negotiations with Toronto billionaire David Thomson and Winnipeg-based True North Sports and Entertainment on a backup

# Winnipeg

• Bill Daly said the league has had discussions with David Thompson and True North Sports about future ownership of a franchise, including the potential return of a team to Winnipeg.

plan that could see the Coyotes move back to Manitoba's capital.

"At this point in time the National Hockey League has no 'deal' in place to move the Coyotes' franchise to Winnipeg — or to any other city for that matter — in the event a transaction cannot be timely consummated in Glendale," NHL deputy commissioner Bill Daly said in a statement last night.

**THE CANADIAN PRESS**





A lipstick here and a face scrub there ...

According to Health Canada, this country spends over four billion dollars every year on cosmetics. That is a serious amount of eyeshadow! METRO NEWS SERVICES

# Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

## MAC gets its Liberty print on

**Liberty of London is an iconic British brand known for its wild flowery prints. MAC is a Canadian cosmetics company whose makeup artists work for the world's top fashion designers.**

This spring they launched a collaborative makeup collection, Give Me Liberty of London.

James Gager, senior vice president and creative director of MAC, explains how this came to be.

**Q How did this collaboration with Liberty of London develop?**

**A** I've been watching Liberty for quite some time and have seen the brand evolve over the years.

When they started over 100 years ago, they were an iconic English company synonymous with luxury and great design ... I thought it would be really interesting to see what MAC would look like dressed up in a Liberty print.

**Q What appealed to you about William Morris's 1883 Strawberry Thief print the collection is based on?**

**A** MAC was allowed to cull from the vast Liberty archives to select this print as the inspiration for the collection.

As we wanted something that would be exclusive to MAC, Liberty graciously agreed to rework it for us.

**Q How did you integrate the print into the packaging?**

**A** I'm particularly proud of the packaging.

To begin with, it is all white, which is unique for MAC.

White speaks to a reawakening of everyone's sensibilities for spring.

We used the motif on different parts of the packaging and, to create variety, deconstructed it by taking the flower or the bird and showcasing them on select pieces.

It's evident that something original has taken place here in terms of the collaboration.

**Q Can you tell us more about the ad campaign?**

**A** The inspiration was all Liberty and all London.

The shoot took place in London. Miles Aldridge, a very talented English photographer, shot the visuals, and Charlotte Tilbury, an English makeup artist, designed the makeup.

We aspired to capture the spirit of this dreadfully chic, cool English girl, sitting on a chair, decked out in all the British regalia.

**Q Liberty of London is synonymous with England. How do you think the collection will translate here in Canada?**

**A** (The) print and the products we choose are incredibly engaging, young, friendly and have a lot of style to them, and will relate to customers globally.

There is something universal about the British wit and bohemian chic that this collection encapsulates.

It's the unstudied style of Sienna Miller or the Spitalfields market, or the grit and glamour of Portobello Road.

and they seem to be merging even more these days with each one playing a major role in influencing the other.

At MAC, we always have our eye on what's going on in regards to art and fashion, and try to bring it into our universe.

It's critical for our



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**Q How integral are the worlds of art and fashion to you?**

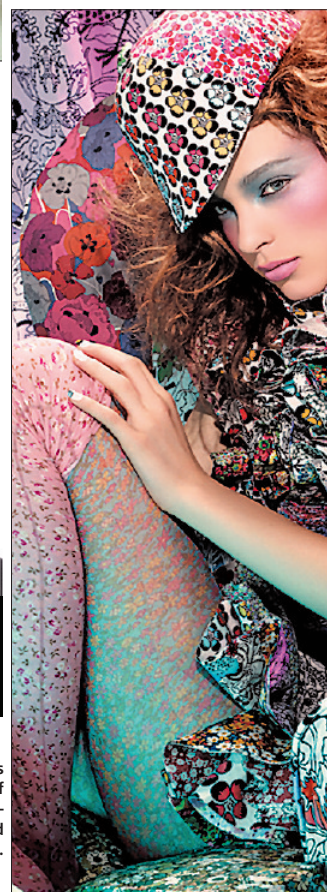
**A** For MAC, and for me personally, art, fashion and beauty are inextricably linked,

customers to be excited when they visit a MAC store; it keeps them coming back to see what we'll do next.

For us, it isn't just about makeup anymore.

METRO NEWS SERVICES

A shot from MAC's Give Me Liberty of London's ad campaign (above) and products (top).



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**Buy a daffodil and make a difference**

This week marks the launch of Daffodil Month, when volunteers from the Canadian Cancer Society start going door-to-door selling daffodils to raise money to eradicate cancer and enhance the quality of life for people living with the disease. [cancer.ca](http://cancer.ca). **METRO NEWS SERVICES**



# Blossoming beauty

**JANINE FALCON**  
for Metro Canada

With glowing skin, flushed cheeks, airy scents and lush, look-at-me lips, this spring's beauty offering is no wallflower.



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**LABORATOIRES**  
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**MAC GIVE ME LIBERTY BEAUTY POWDER** and **EYE SHADOW**

are part of an exuberant, colourful limited collaboration with boho-chic Brit label Liberty of London. \$30 and \$17.50 respectively, MAC stores and [maccosmetics.com](http://maccosmetics.com).

**GUERLAIN OMBRES PERLÉES NO. 409** is a worth-waiting-for silky shadow quad; it hits counters at the end of this month. \$64, Guerlain boutiques, The Bay, Sephora and Murale.



**ANNA SUI NAIL COLOUR** puts flowers at your fingertips with shiny lacquer in her signature floral bottle. \$15, Sears.



**DAISY GARLAND EDITION** evokes fresh air and blue skies with the original's scented heart of gardenia, violet and jasmine in a limited-edition bottle, and bonus paper-daisy garland. \$75, drug and department stores.



**ELIZABETH ARDEN CERAMIDES PLUMP PERFECT LIPSTICK** in **PERFECT TULIP** is a sweetly charming, youthful red for all ages. \$28, drug and department stores.



**QUO JUMBO LIP-GLOSS PENCIL** in **PINK PETAL** makes colouring inside the lip lines girly fun. \$12 at Shoppers Drug Mart.



**CLINIQUE FRESH BLOOM ALLOVER COLOUR** lends skin a spring-fresh glow. \$38.50, department stores.



**CRABTREE & EVELYN CRABAPPLE and MULBERRY TRIPLE MILLED SOAP** are creamy, soft on skin and cheery with fragrant orchard blossoms and fruity mulberry. \$8 each, [crabtree-evelyn.com](http://crabtree-evelyn.com).

**PHYSICIANS FORMULA BAMBOO WEAR** refillable powder compact and brush is beautifully eco-responsible in sturdy, sustainable bamboo printed with soy-based ink; the brush is chem-free goat hair with a bamboo handle. \$9.79, drugstores.



## Makeup and making out

### The J Spot

**Josey Vogels**

[metronews.ca/thejspot](http://metronews.ca/thejspot)

Makeup has been around ever since an early ancestor fell out of the trees and decided clay streaks would be "in" that season. Or as early as 3,000 BCE, if you're fussy about dates.

Throughout history, makeup was a signifier of wealth and status. For example, early aristocrats powdered their faces so their paleness would distinguish them from their sun-weathered, field-working subjects. Predictably, once the poor folk got herded from the fields into the factories, sun tanning became de rigueur.

Wearing makeup is also sexual. According to the book *Sexual Secrets: The Alchemy of Ecstasy*, "cosmetics and ornaments have played a major part in sexual ritual." As part of ancient Tantric practices, "the application of coloured cosmetics to various body parts stimulated and concentrates energy there."

In all cultures, the book adds, cosmetics help make the beautiful look exquisite and the ordinary special.

Makeup has also been used historically to indicate sexual availability. In ancient Rome, for example, prostitutes painted

their mouths red to indicate that oral sex was on their "will-do" list.

And, in the book *The Secrets of Sexual Body Language* it states that "makeup mimics the changes that take place in your body when you become sexually aroused. When you're excited, your pupils enlarge — making your eyes look darker and bigger — your cheeks flush and the lips swell and darken."

Perfume's all about sex, too. When we have sex, the body sweats and releases a musky odour. That's why most perfumes are derived from animal scents. You might say it brings out the beast in us. The women of ancient Egypt and Rome knew this.

**"In all cultures ... cosmetics help make the beautiful look exquisite and the ordinary special."**

"Perfume was used in their hair and on their clothing and furnishings, as well as in baths," the *Body Language* book tells us. Even as far back as 4,000 BCE, wealthy women were using perfumed oils to anoint their bodies.

And jewellery? Next time you're having sex, watch your partner's earlobes swell. In some parts of Africa, long earlobes are seen as the ultimate standard of beauty, and a girl's earlobes are punctured and stretched systematically to increase desirability.

Back in mid-17th-century Europe, those funny neck ruffles were worn to emphasize a woman's neck. Apparently, some of these collars were so large, it made it almost impossible for her to eat.

It's amazing the lengths we'll go to get some action.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit [joseyvogels.com](http://joseyvogels.com).



# Growing, glowing and gorgeous

**Being pregnant doesn't always have to mean stopping physical activity and piling on the pounds.**

Celebrity fitness trainer Tracy Anderson, whose clientele includes Madonna and Gwyneth Paltrow, gives Metro readers tips on how to stay glowing and gorgeous before, during and after the pregnancy.

**PLAN IF YOU CAN** Women trying for a baby should immediately get rid of their bad habits, take up an exercise routine and go on a cleanse to get the body back on track.

The point of the cleanse is to conscientiously retrain the palette to like clean and lean foods by wiping out all processed and sugary foods and stocking up on those containing valuable nutrients, such as whole grains, lean meats, vegetables, fruits and nuts. For exercise, the best is to do something your body is used to and that can you can carry on throughout the nine months.

"The body changes drastically so having a strategy is key," stresses Anderson.

When women get pregnant they don't realize bad habits will carry on until after the baby is born. What matters is the mental and physical health of the mother.

**DIET** Taking exercise and diet seriously when pregnant is crucial. Eat by the mantra quality not quantity and don't restrict calorie intake, as the baby will need the nutrients to develop. Enjoy, listen and learn to manage cravings. "Many women will crave chocolate and coffee," explains Anderson. "So be smart and have a fruit puree handy to curb the cravings."

Allow for a flexible diet as, although you may only want to eat only what's good for you, you may notice you cannot stand certain healthy foods. In Anderson's case, she couldn't eat roasted chicken, usually one of her favourite foods.

Eat foods high in folic acid, which is even more critical in the first trimester: kale, brussels sprouts, turkey breast and quinoa are good sources. You can also load up on fresh fruits, such as apples, blueberries, strawberries, dates and

peaches. You need to make sure you give the baby everything it needs to develop healthily, but you must not over indulge and put your health at risk.

**EXERCISE** Do exercise to keep your muscles tightly knit and your structure together. Walking on

its own won't cut it as muscles and tissue are continually stretching — work on keeping the skin close to the muscle to make it easier to regain firmness after giving birth.

"Be mindful of your lower back and do nothing too aggressive on the joints.

"Rebounding is bad so using a tram-

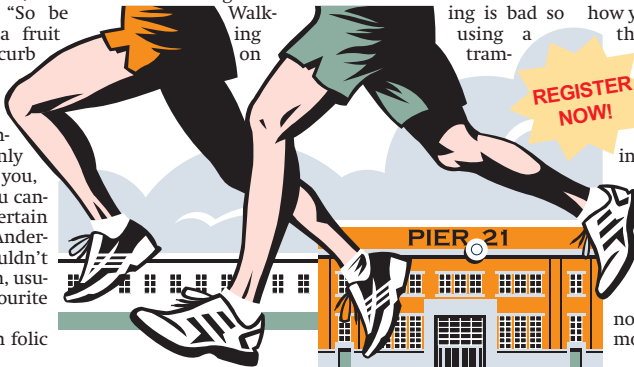
poline is out of the question," advises Anderson. Carve out time for light weights, cardio and mat work. Avoid breaking out in sweat, as this can be dangerous.

Anderson suggests listening to your body as the pregnancy advances and having a mental image of how you want to look once the baby is born. Thinking 'sexy, lean and long' will keep you motivated.

she couldn't get rid of.

"She understood there would be no superficial transformation and worked really hard to get her killer body." Muscular structure is a recurring word used by Anderson. "You can run and burn calories but you'll have no muscular structure. For a Victoria Secret's bum, do circuit training and work the entire body in motion."

METRO WORLD NEWS



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**"After Gwyneth (Paltrow) had her second baby she had an extra 30 pounds ... She understood there would be no superficial transformation and worked really hard to get her killer body."**

Tracy Anderson  
celebrity fitness trainer

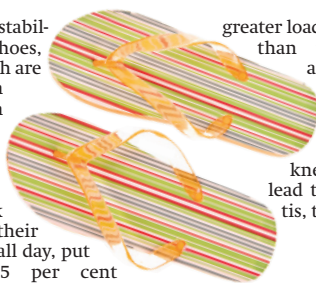
## Flip flops found to take the weight

**BODY SUPPORT** Can't wait to slip those tootsies into flip flops or clogs?

We've often heard that flip flops aren't too good for your feet, but a small study done at Rush University in Chicago has found that soft, spongy flip flops are better for your knees than clogs.

Researchers found that supportive, stable clogs

and stability shoes, which are often worn by people who work on their feet all day, put a 15 per cent



greater load on the knees than flat, flexible athletic street shoes and flip flops.

A high load on the knee joint can lead to osteoarthritis, they say.

CELIA MILNE/  
FOR METRO NEWS  
CANADA

## Concern over corn syrup

**WEIGHT** There's been a lot of hype lately about a study at Princeton that found a link between high-fructose corn syrup and obesity. This type of corn syrup is found in soft drinks and some fast foods.

The study was done in rats and it found that those who drank water plus this corn syrup gained more

belly fat than those who drank a mixture containing table sugar.

Previous studies have found links between high-fructose corn syrup and a rise in triglycerides and fatty liver disease. It's definitely a good idea to cut down your consumption of soft drinks. But let's not miss the point.

If you're having a large triple thick milkshake with your lunch, you may be avoiding man-made sugar while still getting more than 1,000 calories. The best advice if you need to quench your thirst is to go for water or pure organic fruit juice as a healthy option.

CELIA MILNE/  
FOR METRO NEWS CANADA

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# health & beauty 15

## Breasts are the best for baby



Breastfeeding your new baby exclusively until they are at least six months old is recommended.

CELIA MILNE  
for Metro Canada

If you are breastfeeding or planning to breastfeed, hang in there. A Toronto-based study has found that new moms don't breastfeed as long as they should for the optimal health of their babies.

"The goal is exclusive breastfeeding to six months because we know that confers the greatest health benefit for babies and mothers," says Olga Jovkovic, a registered nurse and manager for Toronto Public Health's Healthy Families program.

But the study, which surveyed 1,518 first-time moms, found that only 17.5 per cent stuck to that goal. Cracked nipples, painful over-swollen breasts and thinking that the baby isn't getting enough milk can derail the efforts.

Breastfeeding is so healthy for babies. It reduces their risk for ear infections, gastrointestinal problems and colds.

It's also somewhat protective against being overweight and developing diabetes later in life.

For moms there are benefits too. It reduces the risk of certain cancers such as ovarian and breast cancer, and also the risk for developing diabetes.

It is recommended by the Registered Nurses' Association of Ontario and all levels of government in Canada, based on medical evidence, that women continue to breastfeed their babies, at least part-time, for at least two years.

The vast majority of women do initiate breastfeeding — 96 per cent, according to the Toronto study.

Most (73 per cent) continued at least some amount of breastfeeding for the next six months.

This statistic is much lower in other parts of Ontario, where only about

half of moms continued for six months.

Many women worry they don't have enough breastmilk, and start supplementing with formula.

"Most women do in fact have enough milk.

"They just don't recognize the signs that their baby is getting enough," says Jovkovic.

Breastmilk is digested more easily than any other foods, so babies may wake up more frequently, but this doesn't mean they're not getting enough nutrition.

In fact, waking up — though tiring for the parents — is a good thing because it's protective against sudden infant death syndrome, says Jovkovic.

To gage whether the baby is getting enough nutrition through breastmilk, nurses check how often the baby urinates, whether they seem satisfied after they feed, and whether they're active and alert when they're awake.

In every community, women can reach out for help from public health nurses, lactation consultants, midwives, clinics, and the La Leche League.

From research, experts know when problems such as cracked nipples and painful swollen breasts are most likely to arise, and can educate moms about how to solve them.

Often, it's a question of modifying position and latch, says Jovkovic.

**"Breastfeeding is so healthy for babies. It reduces their risk for ear infections, gastrointestinal problems and colds ... for moms there are benefits too. It reduces the risk of certain cancers such as ovarian and breast cancer and also the risk for developing diabetes."**

## Superfood for pregnant women

- **DATES** They're full of minerals.
- **BERRIES** Cherries contain melatonin, which is naturally produced during sleep and helps fight insomnia. Strawberries are also a good option.
- **WATER** Breast milk is 90 per cent water, so keep hydrated.
- **SPINACH** It's full of foliate, iron and potassium, all which help to fight fatigue.
- **YOGURT** It has more

calcium than milk and helps keep a healthy digestive track as well as builds strong bones ... yours and your baby's.

- **WHOLE GRAINS** (brown rice, pasta and bread) Gotta keep that fibre intake up.
- **ALMONDS** Low on the glycemic index, they're a great source of foliate.

ROMINA MCGUINNNESS/  
METRO WORLD NEWS



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ADVERTISING FEATURE

## Revolutionary Probiotic Gum Makes your Mouth a Healthier Place Promises Renowned Microbiologist

We have all heard that the eyes are the windows of the soul. Now a probiotic research scientist from New Zealand is telling us that our mouths are the front door to a lifetime of good health.

"Probiotics are friendly, health-promoting bacteria," says Professor John Tagg, a world-renowned microbiologist at the University of Otago in New Zealand. "Everyone knows about the importance of probiotics for the digestive tract. But for good oral health and overall immunity, we also need oral probiotics that are specific to our mouths."

He should know! When Professor Tagg was a boy of 12, he suffered from a strep throat infection that led to an attack of rheumatic fever, a serious condition that can cause permanent heart damage. Consequently, he was on antibiotic drugs for 10 long years. This personal experience inspired him to devote his life to finding friendly probiotic bacteria that prevent strep throat and other infections that enter through the mouth. After many, many years of dedicated research, he discovered BLIS!

BLIS, which stands for Bacteriocin-Like-Inhibitory-Substance is an advanced oral probiotic. BLIS K12 is a naturally occurring component of the *S. salivarius* probiotic strain.

"My published research studies show that BLIS K12 controls the undesirable and disease-causing bacteria that cause bad breath, strep throat, thrush, and ear and upper respiratory infections" explains Professor Tagg.



Professor John Tagg

"BLIS K12 probiotic bacteria also promote general oral health and help prevent tooth decay and gum disease." Professor Tagg's BLIS K12 probiotic is now available in Canada as **CulturedCare Probiotic Gum** with BLIS K12. It is made in Canada by **Prairie Naturals**, an established, family-owned nutritional supplement company in BC.

"Gum is an ideal way to 'seed' BLIS K12 probiotic throughout the mouth and throat where it will begin to colonize and grow. Chewing just one piece of CulturedCare Probiotic Gum daily provides protection for teeth, gums, throat and ears," says Professor Tagg.

Made with proprietary cold-pressed technology, CulturedCare Probiotic Gum with BLIS K12 contains the therapeutic dosage determined by Professor Tagg's research. Its potency and purity are confirmed through independent testing in government licensed laboratories in Canada, New Zealand and the US.

"May the BLIS be with you!" This has become the mantra of the professor who discovered the powerful effects of BLIS K12 - a revolutionary probiotic.

For more information about Professor Tagg and CulturedCare Probiotic Gum with BLIS K12, please visit: [www.culturedcare.com](http://www.culturedcare.com)



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Post Shredded Wheat has launched a new website postshreddedwheat.ca, developed by nutritionists. It lists the ingredients of breakfast cereals, what they mean in layman's terms and serving suggestions. **METRO NEWS SERVICES**

# Food



## Bowls of festivity

Collect your egg hunt finds or serve Easter breakfast in these rabbit-adorned stoneware bowls. Exclusive to the President's Choice Home collection, these colourful bowls also make the perfect festive gift. A set of these four dishwasher- and microwave-safe bowls is available at Loblaws stores for \$9.99. For store locations, visit [loblaws.ca](http://loblaws.ca).

METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



This lamb dish is celebrity chef Marcus Samuelsson's idea for a perfect Easter lunch.

# Easter lunch

## Celeb chef suggests lamb with a twist

ELISABETH BRAW  
Metro World News

**Easter is one of the few times of the year when lamb gets the most prominent spot on the table. And people who don't usually eat meat love a rack of lamb. Lamb it's easy to cook, too.**

Marcus Samuelsson, the executive chef at New York's famous Aquavit

black pepper  
• ¼ cup panko bread crumbs

### METHOD:

1. Preheat oven to 400°F.
2. Combine the miso, butter, chili powder, egg yolk, and sage in a small bowl. Set aside.
3. Heat the olive oil in a large sauté pan. Season the lamb with salt and pepper. Add the lamb to the pan and sear until browned, 2 to 3 minutes on each side. Let cool slightly, then smear the miso-butter mixture over both sides of the lamb. Firmly press the panko into the miso-butter mixture on the rounded side of each rack.
4. Place the racks, rounded fat sides up, in a roasting pan. Roast until an instant-read thermometer inserted into the center of the rack reads 125°F, 15 to 20 minutes.
5. Transfer the lamb to a cutting board and let rest for 5 minutes. Serve with the broccoli rabe red curry.

seconds. Strain and rinse with cold water. Pat dry.

2. Heat 2 tablespoons of the olive oil in a large pot over medium heat. Add the mustard seeds, cumin, coriander seeds, onion, garlic, lime juice, lime leaves, curry leaves, ginger, and curry paste and sauté until fragrant, about 3 minutes.

**For lamb/wine pairings, see page 29**

ates. Add the coconut milk and 2 cups water. Bring to a simmer and cook for 15 minutes.

3. While the liquid is simmering, heat the remaining 3 tablespoons olive oil in a large sauté pan over high heat. Add the potatoes and sauté for 3 to 4 minutes. Reduce the heat to medium and add the almonds. Cook with the potatoes until golden brown, 4 to 5 minutes. Remove from the heat and set aside.

4. Stir the broccoli rabe and potato mixture into the simmering liquid and heat through. Stir in the yogurt and garnish with the cilantro. Season with salt.

RECIPE COURTESY OF

MARCUS SAMUELSSON, NEW AMERICAN TABLE (WILEY, 2009)

## A spring dessert

### Easter Tiramisu

Most people are familiar with the classic tiramisu, an Italian espresso-mascarpone layered dessert. This version borrows the concept of a layered mascarpone cream and ladyfinger dessert, but adapts it with spring and Easter in mind.

MAKES 12 SERVINGS

### INGREDIENTS:

**Syrup**  
• 125 ml (1/2 cup) sugar  
• 50 ml (1/4 cup) limoncello liqueur  
• 50 ml (1/4 cup) lemon juice

### Mascarpone Cream

• 5 egg yolks  
• 125 ml (1/2 cup) sugar  
• 50 ml (1/4 cup) elderflower liqueur  
• 50 ml (1/4 cup) limoncello liqueur  
• 2 tubs (each 500 g/16 oz) mascarpone cheese  
• 2 pkgs (each 85 g/3 oz) ladyfingers  
• 2 containers (each 170 g/6 oz) raspberries

**Syrup:** In a small saucepan over medium, combine sugar, limoncello and lemon juice. Heat until simmering and sugar is dissolved. Set aside to cool.

**Mascarpone cream:** In a medium stainless-steel bowl, whisk together egg yolks, sugar and both liqueurs. Set aside.

Bring a medium saucepan with 1 cm (1/2 inch) of water to a simmer. Place bowl of egg mixture over pan. The bowl should rest over the water without touching it. Whisk yolk mixture continuously until thickened, lightened in colour and hot to the touch, about 10 minutes.



Easter Tiramisu

To garnish, if desired:  
• Organic edible flowers, such as pansies, roses or marigolds  
• 1 egg white  
• 5 ml (1 tsp) water  
• Sugar

### METHOD:

In the bowl of a stand mixer, combine mascarpone cheese and yolk mixture. Beat together on medium-low until thoroughly mixed. Increase speed to medium, then beat for 30 seconds. It should be thickened and hold peaks.

In a 2-l (8-by-11-inch) pan, arrange a layer of ladyfingers over bottom. The number that will fit will depend on the size of the ladyfingers. Sprinkle evenly with

syrup. You should use half the syrup. Spread half of the mascarpone cream over top of ladyfingers.

Evenly distribute 1 package of the raspberries over cream, gently pressing them in. Arrange a second layer of ladyfingers, drizzle with remaining syrup, then top with remaining mascarpone cream and raspberries. Refrigerate for at least 4 hours or overnight before serving.

To make sugared flowers, you can choose to use small flowers whole or pull the petals off larger flowers. Beat egg white and water together until bubbly. Using a small clean paintbrush (be sure it's never been used for paint) paint flowers or petals lightly with the egg white mixture, then sprinkle with sugar. Set aside on a wire rack to dry. Sprinkle over top of tiramisu before serving. **THE ASSOCIATED PRESS**

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restaurant, cooked President Obama's first state dinner.

But for Easter, even the most culinary-challenged person can cook a delicious lunch. Samuelsson, who was born in Ethiopia and raised in Sweden, tells Metro's readers how to make a delicious Easter meal with a new twist.

### Miso-Rubbed Rack of Lamb with Broccoli Rabe Red Curry

SERVES 4

### Lamb INGREDIENTS:

• 2 Tbsp dark miso  
• 1 Tbsp Spiced Butter or unsalted butter  
• 1 Tbsp mild chili powder  
• 1 large egg yolk  
• 1 Tbsp chopped sage  
• 2 Tbsp olive oil  
• 2 frenched racks of lamb (1½ pounds each)  
• Salt and freshly ground

### Broccoli Rabe Red Curry

### INGREDIENTS:

• 2 cups broccoli rabe (about ½ bunch)  
• 5 Tbsp olive oil  
• 2 teaspoons black mustard seeds  
• 1 teaspoon ground cumin  
• 1 teaspoon coriander seeds  
• 1 red onion, chopped  
• 4 sliced garlic cloves  
• Juice of 2 limes  
• 2 kaffir lime leaves  
• 2 curry leaves  
• 1 2-inch piece ginger, peeled and finely chopped  
• 2 Tbsp red curry paste  
• ½ cup coconut milk  
• 2 small Yukon Gold potatoes, peeled and cut into ¼-inch cubes  
• 2 Tbsp chopped blanched almonds  
• 2 Tbsp of yogurt  
• 1 Tbsp chopped cilantro  
• Salt

### METHOD:

1. Bring a large pot of salted water to a boil. Add the broccoli rabe and simmer for 30

### Side dishes

- Serve your lamb with potato salad and roasted root vegetables like carrot and beet. Root vegetables are particularly delicious in the spring. Spinach is another tasty choice.
- Roast herbs like chives, rosemary and lavender with the lamb. In the spring they taste so much better than basil and oregano.

METRO WORLD NEWS



**Supergrain of the future**

It's taken more than 5,000 years to catch on in the rest of the world, but now quinoa (the fruit of a broadleaf plant) — once a staple of the ancient Incas in South America — is being hailed as "the supergrain of the future." **THE CANADIAN PRESS**

# How food contributes to global warming

**Want to save the planet? Check what's at the end of your fork.**

From production to consumption to waste, the world's food system accounts for a hefty slice — about 33 per cent — of what's heating up the planet, says Anna Lappé in her book, *Diet for a Hot Planet*, to be published April 10. She argues that we need to radically change how food is produced and what we eat.

Lappé is co-founder of the Small Planet Institute, a nonprofit research network, and was named one of Time magazine's "Eco Who's Who."

She is the daughter of Frances Moore Lappé, author of the 1971 bestseller *Diet for a Small Planet* about the environmental and social impact of food choices.

Lappé, 36, who lives in Brooklyn, N.Y., talked to the Toronto Star about some of her findings.

**Q** You say one-third of the planet's warming comes from the global food chain. So many numbers are banded about. What's this based on?

**A** That number is from data from groups such as the United Nations Food and Agriculture Organization and the Pew Center on Climate Change, among others. It comes as a surprise to a lot of people. Only last year did the media, at least in the U.S., talk about the connection between food and climate change.

**Q** Why is that?



Anna Lappé, author of *Diet for a Hot Planet*, which hits bookshelves April 10.

**A** Talking about food and climate change requires thinking of food as a system. A lot of us go to the grocery store and don't think about the story behind the food on the shelf. Also, focus has been on the main sectors contributing carbon dioxide, the most significant greenhouse gas.

**Q** The biggest single offender is livestock production, accounting for 18 per cent of global warming. Why is that?

**A** It's not the cow's fault. It's the deliberate choices made by the food industry and livestock producers to turn to highly wasteful and highly energy-intensive factory farm systems. We've taken animals off the pasture and confined them to animal feed lots.

**Q** What's the livestock connection to methane and nitrous oxide emissions, which trap heat?

**A** Ruminant livestock, such as cattle, pro-

duce methane naturally through digestion. You may have heard the jokes about cow farts and global warming but it's actually cow burps that release methane. This might not seem like a huge factor except that the livestock population is exploding on the planet.

**Q** What is a climate-friendly food system? If you could wave a magic wand, what would look different?

**A** We would see re-evaluating of the ways farmers work with nature and crops and animals to produce the fertility they need. This is not magical thinking. It's happening on farms around the world. But is it the kind of farming our government taxes support?

**Q** It's almost lunch time. What are you having?

**A** I'm going to a lunch meeting at a vegetarian macrobiotic restaurant. And I didn't set it up intentionally for this call. **TORSTAR NEWS SERVICE**

## Liquid Assets

**Peter Rockwell**

metronews.ca/liquidassets

### Lamb's match

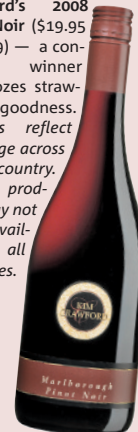
**W**e never ate lamb when I was a kid. My mother just didn't have the heart to cook anything that looked so cute. Don't tell mom, but as an adult I've more than made up for my years of eating abstinence and am sure to see a leg (maybe even a rack) at a meal or two over the up-coming

holiday weekend.

Unlike other headline holidays (where turkey is king) Easter's association with lamb makes for an interesting change of pace on your plate and a wine lover's dream date because the meat is open to just about any liquid match. While a red from France's Bordeaux region or the Rioja in Spain are textbook pairings; a red with a touch of spice like Trapiche's 2007 Broquel Malbec (\$15.95 - \$16.49) from Argentina is a hip alternative.

If not lamb, you may be having ham this Sunday. Depending on the cooking style, your bottle will wind up battling either saltiness or sweetness. A fruity Frenchman from Beaujolais makes for a nice marriage, as would a red made with pinot noir. Go New Zealand and Kim

Crawford's 2008 Pinot Noir (\$19.95 - \$24.99) — a consistent winner that oozes strawberry goodness. Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

### In brief

**HEALTH** Lentils are a hot topic among gourmets these days, with recipes for them popping up in major food magazines. Lentil and other legume farmers hope to capitalize on this interest and convince consumers and food producers to use them in breads and cookies as well as traditional soups and stews.

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Demi Moore and Ashton Kutcher have launched a new campaign against child slavery in earthquake-ravaged Haiti to put a stop to the unethical practice. The pair has teamed up to voice their concerns over the country's "restavec" system. [FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)

# Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

## Fans pick MTV Awards nominees

**MOVIE** Film fans will choose the nominees and winners of the 2010 MTV Movie Awards.

Viewers of the irreverent awards show can log on to [movieawards.mtv.com](http://movieawards.mtv.com) and submit their choice nominees in 13 categories. Submissions will be accepted until April 9.

Any 2009 film or performance is eligible for consideration in categories including best villain, best fight and best kiss.

MTV added three new categories this year, and the titles of two are so racy they can't be printed here. The two unmentionables are action- and horror-related. The third is best global superstar, and for the first time in MTV Movie Awards history, voting in that category will be open worldwide.

THE ASSOCIATED PRESS

# Idol running on empty

## TheAudioFiles



**Bryan Borzykowski**  
[metronews.ca/music](http://metronews.ca/music)

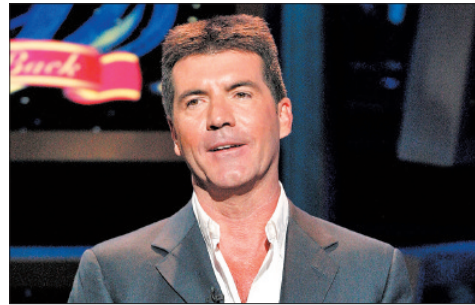
When American Idol debuted in 2002, I will admit I was I excited. Getting a bunch of unknown, untrained singers to perform for Simon Cowell, the surly British producer, was an intriguing concept — and when they showed the terrible audition tapes, I was hooked.

I wasn't sure what to make of a show that would

create a superstar out of nothing, but when Kelly Clarkson won — far and away the best singer on season one, and maybe the best voice to ever grace the program — I was shocked.

Well, that was eight years ago and a lot has changed. After the 10 contestants left on this season get whittled down to one, Cowell's taking off to host the U.S. version of The X Factor, the hit British TV singing competition, Ellen DeGeneres remains the new Paula Abdul without the endearing loquaciousness, and the show's fans lost their ability to pick a winner a long time ago.

Idol, according to Fox, is staying on the air, but what they should really do is take a big red marker to their master programming



Simon Cowell won't be back after this season of American Idol.

schedule and cut the program out. They'll never do that — it still draws around 20 million viewers a night, though that's down significantly from the first few seasons (about 50 million watched the season one finale) — but these days it's

not adding much value to the lives of music fans.

The biggest disappointment has been its inability to create stars. Every season thousands of people try out for the show, so you'd think there would be at least a few more Clarksons out

there. In reality, there's usually one standout, and that person doesn't always win. Take last year — flamboyant rocker Adam Lambert was a shoo-in, but the forgettable Kris Allen took the Idol title.

Well, it feels like the talent is getting thinner and thinner. The quality of music put out by former Idol contestants is nothing to write home about either.

Plus, there are other ways to discover new stars. MySpace and YouTube have generated a few big names. It might be time to make stars the old fashioned way again — through hard work and good music.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic.

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**Big Bang Theory gets a little Blossom in their lives**

Blossom star Mayim Bialik has landed a possibly recurring role on *The Big Bang Theory*, *Entertainment Weekly* reports. The 34-year-old actress will play Victoria, a potential love interest for romantically apathetic Sheldon. **TVGUIDE.COM**

# Living through the Pacific

**Dr. Sidney Phillips has become the voice of the men of *The Pacific*, HBO's Second World War miniseries.**

He's the survivor among the drama's four central figures, with the others claimed by the war or the decades that followed.

The 85-year-old physician has shouldered the task of spokesman with grace and good humour, fielding media interviews and, at the request of *The Associated Press*, online queries from viewers about his combat experience and life afterward.

Phillips, who was 17 when he enlisted in the Marines the day after the Dec. 7, 1941, Japanese attack on Pearl Harbor, endured four months of brutal fighting on Guadalcanal and joined in the invasion of another Pacific theatre island, New Britain.

He returned to Mobile, Ala., where he raised three children with his wife, Mary, who died in 2000.

The *Pacific*, with actor Ashton Holmes as the young Pte. first class Phillips, debuted March 14 and airs new episodes at 9 p.m. Sunday through May 16.

**Q** What is your best memory of that chapter of your life, and what is your worst?

**A** There was so much comedy, there was so much joking, there was so much insulting one another; Marines never said anything nice to



Second World War veteran Dr. Sidney Phillips, who is portrayed in the HBO series *The Pacific*, says he hopes the show will revive patriotism and teach history to young people.

one another. ... I still don't know if the public understands that foolishness and nonsense were very important. I think men hid behind that, rather than to say, "I'm scared to death."

I really think the worst memory were the living conditions — the standing in line for two tablespoons of beans and a tablespoon of corned beef for four hours on a troop ship. ... There were two meals a day, and that went on for weeks and weeks and weeks. Then, when we got ashore, we had a whole regiment, which is 3,500 men, with dysentery, diarrhea and no toilet paper. If

there hadn't been an ocean there, we would have been in serious trouble.

**Q** If such a devastating attack like Pearl Harbor were to happen today, could our young people rise up to the challenge as your generation did?

**A** I believe they would. I certainly hope they would. People ask me frequently what do I think about the series in general, *The Pacific*, and I say I hope it will revive patriotism and bring back teaching history to the young people, and what a wonderful country it is and how much blood it has taken to bring us to where we are.

**Q** How do you see the United States' involvement in the Iraq and Afghanistan wars and President Obama's long-term plan to end it?

**A** Today, the war seems to be conducted by the politicians. I think they need to turn the war back over to the military.

**Q** What helped keep you going and on mission throughout the war?

**A** There's a number of answers you could give, but the one that is foremost in my mind is your trust in one another, support of one another, your dependence upon one another. **THE ASSOCIATED PRESS**

## Mills being sued by ex nanny

**DISCRIMINATION** A former employee of Paul McCartney's ex-wife Heather Mills is suing her for sex discrimination.

Sara Trumble wants compensation after allegedly being unfairly dismissed from her job as a nanny after she became pregnant.

Mills' split from the former Beatle in 2006 was fol-

lowed by a messy divorce in which she won 24 million pounds.

Mills was criticized in the divorce judgment, which called her "less than candid."

Trumble's lawyer argues that the judgment should be introduced as evidence of Mills' dishonesty.

**THE ASSOCIATED PRESS**

## Entertainment in brief

**PROJECT RUNWAY** Jessica Alba is bringing her fashion sense to *Project Runway*. Lifetime spokeswoman Kannie Yu LaPack says

Alba will serve as a guest judge on Thursday's episode of the popular clothing-design show.

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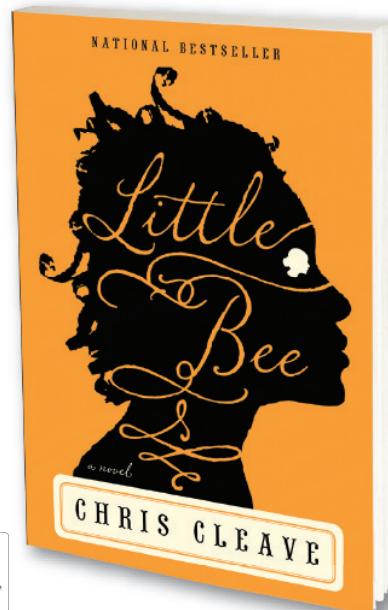
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## 20entertainment

Better start practising your spells, the full official Harry Potter site is now live. You can put your feeble Muggle brain to the test with quizzes from each book, gloss over a glossary of magical, mostly Latinate terminology, and take part in Potter polls. **EW.COM**

Potter site goes live

## DVD picks

## Sherlock Holmes

Directors: **Guy Ritchie**

**WHEN YOU REALLY THINK** about it, it's elementary that Robert Downey Jr. would make a great Sherlock Holmes.

In life and in art, he's taken the path of the cerebral risk-taker. Given a chance to sample a new substance or portray an unusual character — he's done everyone from Chaplin to Iron Man — he jumps in with both feet.

Those familiar with the Holmes canon know the 19th-century sage was quite a physical man (although maybe not the bare-chested brawler Downey portrays), who also liked to partake of festive pharmaceuticals.

We can live without the deerstalker cap, as Downey does.

Also cheering is the choice of Jude Law as Dr.

Watson, Holmes' sidekick, who retains the discipline and the loyalty of his literary counterpart.

But skullduggery is afoot in other areas. Regrettably, director Guy Ritchie and his screenwriting committee (bad sign, that) have completely lost the plot beyond their golden pairing of Downey and Law. It's as if they simply downed tools, having satisfied themselves with excellent leads.

A great hero needs a great villain, and there isn't one to be found in Mark Strong's Lord Blackwood, a satanic troublemaker in greasy London town who is more bureaucrat than Beelzebub. He's among the most tedious and least-threatening bad-die to darken a screen in many a moon.

Also firing on zero cylinders is Canada's own



Rachel McAdams, as Holmes' putative love interest Irene Adler. It's possible that some earlier version of the script actually gave her something to do, but little of this made the final cut.

The picture is top-heavy with cheap CGI, with things forever vanishing, being shot into the air or simply exploding along with Hans Zimmer's pon-

derous score, none of it terribly dazzling.

Still, it's good enough to just sit back and enjoy Downey and Law plays Holmes and Watson as Victorian versions of Butch Cassidy and the Sundance Kid.

Extras vary according to edition, but the Blu-ray offers the greatest bounty for Holmesphiles, with various making-off features.

## An Education

Directors: **Lone Scherfig**

**BASED UPON** British journalist Lynn Barber's recent memoirs, which screenwriter Nick Hornby (High Fidelity) and director Lone Scherfig (Italian for Beginners) have astutely adapted, it's a fresh telling of the old tale about an impressionable girl falling

for a predatory older man.

Evoking early 1960s London as sharply as TV's *Mad Men* does New York in the same era, with impeccable art direction adding to its many attributes, *An Education* is set immediately before the social quakes of the Pill, the Beatles and Women's Lib.

Sixteen-year-old Jenny (Carey Mulligan), biding her time in suburban Twickenham, is in a hurry to grow up.

Jenny's immediate concern is gaining admission to Oxford, which is anything but a given. The women of 1961 are mostly expected to become wives, not scholars, and Jenny's middle-class parents (Cara Seymour and Alfred Molina) fret about the money it will cost them.

She will have to keep her grades up if she hopes to succeed. But distraction

arrives one rainy day in the dapper form of David (Peter Sarsgaard), a gentleman in a burgundy car who offers a ride and promises the world.

Jenny is soon caught up in David's whirl of concerts and cafes, accompanied by his chic friends Danny (Dominic Cooper) and Helen (Rosamund Pike).

Does it matter that David is considerably older than Jenny (he's somewhere in his 30s) and that his stories are slipperier?

*An Education* is a showcase for Mulligan, who was 22 when she made this film yet effortlessly conveys that moment of 16 going on 17 when the world beckons and its perils seem far away.

Extras include a commentary track by Scherfig, Mulligan and Sarsgaard.

Peter Howell, for Metro Canada

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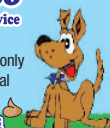
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Potter site goes live

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# Fighting over Farrah

## Trustee, producer battling over late actress' estate

**A producer being sued by Farrah Fawcett's estate has fired back in a court filing by claiming the late actress' money is being mishandled.**

The trustee of Fawcett's estate has withheld money from some of the actress' beneficiaries, including her father, according to a filing by producer Craig Nevius. The document filed last week in Santa Monica is in response to a lawsuit filed by a Fawcett's estate against him in January.

Nevius, a one-time Fawcett confidante, also claims the lawsuit against him filed by trustee Richard B. Francis is a misuse of the actress' money.

The filing takes numerous swipes at Fawcett's longtime companion, actor Ryan O'Neal, and friend Alana Stewart. Both were constant figures in Fawcett's final months and worked on the

documentary Farrah's Story, which aired on NBC.

Nevius sued O'Neal, Stewart and

Francis over the docu-

mentary last year, claiming it didn't adhere to Fawcett's wishes and improperly cut him out of the process. His recent filing repeats an allegation that O'Neal threatened him in a phone conversation.

The filing claims Stewart misused her relationship with Fawcett to sell a book.

"I've read Mr. Nevius' response to our complaint which I think con-

tains spurious and outrageous allegations," said Howard Weitzman, who represents Fawcett's estate and O'Neal, Stewart and Francis. "I'm confident the truth will all come out during the course of the litigation."

Attorneys for Fawcett's estate claimed in their lawsuit that Nevius botched a first edit of the documentary and "embezzled hundreds of thousands of dollars" from the actress' company. Nevius first teamed up with the former Charlie's Angels star on a reality television series called Chasing Farrah and later teamed up in a business that produced the NBC documentary.

Nevius is not seeking any money from Fawcett's estate, his court filing states. The filing states any business decisions Nevius made were done in good faith. Fawcett died at age 62 on June 25 after a three year battle with anal cancer.

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HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/30/10	31	31	31	ABC	News Center 5	World News	Inside Edition	Chronicle	Dancing With the Stars	Lost: The Package (N)	(11:02) V (N)	
	7	11	7	ASN	The Road to Avonlea	Degrassi: Next	TMZ (N)	Dancing With the Stars	The Middle (N)	Old Christine	(11:02) V (N)	
	11	11	11	CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes	Laughs	Comedy Fest	The Hour	
	2	2	2	CBC-F	Pyramid (SC)	Union-Force	Virginie (SC)	La Facture	Beautés desespérées (SC)	Musee Eden (N) (SC)	Le Téléjournal	
	32	32	32	CBS	WBZ News (N)	Evening News	Wheel Fortune	Jeopardy! (N)	NCIS: Endgame (HDTV)	NCIS: Los Angeles	The Good Wife	
	69	69	69	CFTM	TVA nouvelles	Le Cercle (SC)	La Fievre de la danse (SC)	Caméra café	Taxi O-22 (SC)	La Promesse (HDTV) (N) (SC)	TVA nouvelles	
	6	6	6	CHIF	Entertainment	ET Canada	The Good Wife "Infamy"	NCIS: Endgame (HDTV)	NCIS: Los Angeles	News Final (N)		
	9	9	9	CJCH	Lost "The Package" (N)	Law & Order: Special Victims	American Idol (HDTV) The 10 finalists compete. (Live)	Podium TV	Community Matters			
	10	10	10	ELTV	(6) EastLink Television							
	36	36	36	FOX	Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	American Idol (HDTV) The 10 finalists compete. (Live)	Fox First		
prime time	12	12	12	NBC	News (N)	NBC News	Access H.	Extra (N)	The Biggest Loser Eliminated contestants return. (N)	Parenthood (N)		
	29	29	29	NW	(6) Power & Politics		The Lang & O'Leary Exchange	Connect with Mark Kelley (N)	CBC News: The National	Fifth estate		
	4	4	4	PBS-B	PBS NewsHour (N)	Greater Boston	Maria Hinojosa	NOVA (HDTV) (DVS)	Frontline (N) (DVS)	Frontline		
	35	35	35	PBS-D	PBS NewsHour (N)	Business Rpt.	Worldfocus	NOVA (HDTV) (DVS)	Accidental Mummies	Frontline (N)		
	68	68	68	TQS	Guerre clans	Atomes croch	Big Brother QC	Roxy (N) (SC)	CSI: NY (SC)	Flashpoint (SC)	L'Attaque à 5	
	23	96	96	BNN	Business News	Headline	Market Call Tonight	The Close	Market Call	Squeeze Play	Business News	
	18	18	18	CNN	Situation Room-World Blitzer	John King, USA (N)	Learning	Inside PGA	John Daly	John Daly	Haney Project	
	54	54	54	GOLF	Golf Central	Play Lessons	NHL Hockey Ottawa Senators at Washington Capitals. (HDTV) (Live)	Court Surfing NBA news, scores and highlights.	Race in 60 (HDTV) (N)	Monster Jam (HDTV) (N)	Danger-Drives	
	52	52	52	RSE	Connected W-Prime Time	NHL Hockey Chicago Blackhawks at St. Louis Blues. (HDTV) (Live)	Cabby Unlimit	Score Today	NASCAR Hub	NASCAR	NASCAR	
	55	55	55	SCOR	After Wrestling	Covers Experts	That's Hockey!	NASCAR	NASCAR	NASCAR	NASCAR	
news	45	45	45	SPD	Barrett-Jackson 2006	Score Today	NASCAR	NASCAR	NASCAR	NASCAR	NASCAR	
	53	53	53	TSN	Off the Record	SportsCentre	That's Hockey!	NASCAR	NASCAR	NASCAR	NASCAR	
	43	43	43	FAM	Zoe 101	Zoe 101	Han, Montana	Suite Life	Sonny Chance	Han, Montana	Wizards-Place	
	44	44	44	TOON	Jimmy 101	Johnny Test	Johnny Test	Total Drama	6TEEN	Futurama	King of the Hill	
	26	26	26	TREE	Wonder Pets	3rd and Bird	Backyardigans	Night Garden	Waybuloo	Max & Ruby	Franklin	
	27	27	27	TYT	ICarly	To Be Indie	ICarly	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	
	16	16	16	A&E	The First 48	Criminal Minds (HDTV)	Criminal Minds (HDTV)	Criminal Minds (HDTV)	Criminal Minds (HDTV)	Criminal Minds (HDTV)	Criminal Minds (HDTV)	
	70	70	70	APTN	APTN National News (N)	Fish Out of	Mixed Blessing	Cashing In (N)	Rabbit Fall	Blackfly	Moose TV	
	50	50	50	BET	106 & Park: BET's Top 10 Live	Live at the Rehearsal Hall	Amer. Funniest Home Videos	Reba	Reba	According-Jim	According-Jim	
	37	37	37	BRVO	Emily of New Moon	Live at the Rehearsal Hall	Amer. Funniest Home Videos	Reba	Reba	According-Jim	According-Jim	
sports	25	25	25	CMT	CMT Star	CMT Star	Reba	Reba	Reba	According-Jim	According-Jim	
	49	49	49	COM	Just for Laughs	Killer Next Door	Daily Planet (N)	How It's Made	How It's Made	Destroyed	Destroyed	
	153	153	153	COURT	Missing Link "Miracles"	Daily Planet (N)	House Hunters	Property Virgin	House Hunters	House Hunters	House Hunters	
	38	38	38	DISC	Destroyed	Destroyed	House Hunters	Property Virgin	House Hunters	House Hunters	House Hunters	
	34	34	34	HGTV	Extreme Makeover: Home	Aftermath	Gossip Girl (HDTV) (N)	Degrassi: TNG	Degrassi: TNG	Ranked!	Ranked!	
	46	46	46	HMT	Ancients Behaving Badly	The Daily Fix	(8:15) Ghosts of Girlfriends Past ** (2009)	The Reader *** (2008, Drama)	Oper. Repo	Oper. Repo	Ghost Hunters	
	17	17	17	MTV	Buffy the Vampire Slayer	Family Guy	Family Guy	House-Payne	House-Payne	House-Payne	House-Payne	
	19	19	19	MMM	mmtop10.ca	Family Guy	Family Guy	House-Payne	House-Payne	House-Payne	House-Payne	
	201	201	201	M1	(6:25) Imagine That	Family Guy	Family Guy	House-Payne	House-Payne	House-Payne	House-Payne	
	48	48	48	OLN	Mantracker	Family Guy	Family Guy	House-Payne	House-Payne	House-Payne	House-Payne	
family	51	51	51	PEACH	Friends	Seinfeld	Family Guy	Family Guy	House-Payne	House-Payne	House-Payne	
	206	206	206	PIX	(6) Apollo 13 (1995, Historical Drama)	Family Guy	Family Guy	House-Payne	House-Payne	House-Payne	House-Payne	
	67	67	67	RDI	RDI économie	Family Guy	Family Guy	House-Payne	House-Payne	House-Payne	House-Payne	
	39	39	39	SHOW	Trailer Park	Trailer Park	Trailer Park	Trailer Park	Trailer Park	Trailer Park	Trailer Park	
	40	40	40	SLICE	Whatever	Wedding SOS	Rich Poor	Rich Poor	Party Mamas	Party Mamas	Party Mamas	
	47	47	47	SPACE	Stargate SG-1	Stargate Atlantis	Stargate Atlantis	Stargate Atlantis	Stargate Atlantis	Stargate Atlantis	Stargate Atlantis	
	14	14	14	SPIKE	Ways to Die	Ways to Die	Ways to Die	Ways to Die	Ways to Die	Ways to Die	Ways to Die	
	98	98	98	STAR	etalk	TMZ (N)	TMZ (N)	TMZ (N)	TMZ (N)	TMZ (N)	TMZ (N)	
	21	21	21	TLC	Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	Say Yes-Dress	
	56	56	56	34	TROP	End of Leash	End of Leash	End of Leash	End of Leash	End of Leash	End of Leash	
cable variety	20	20	20	TVS	Que.-champion	Journal de Fr2	Journal de Fr2	Journal de Fr2	Journal de Fr2	Journal de Fr2	Journal de Fr2	
	28	28	28	V	Just Cause	Just Cause	Just Cause	Just Cause	Just Cause	Just Cause	Just Cause	
	60	60	60	97	VIVA	Psychic Inv.	Ghostly Enc.	Ghostly Enc.	Ghostly Enc.	Ghostly Enc.	Ghostly Enc.	
	22	22	22	W	House-Sell	House-Sell	House-Sell	House-Sell	House-Sell	House-Sell	House-Sell	
	251	251	251	WGN	WGN Evening News	Two/Half Men	Family Guy	90210 (HDTV) (N)	Melrose Place (N)	Melrose Place (N)	Melrose Place (N)	

### critics' corner

**NCIS**  
Gibbs and DiNozzo (Mark Harmon, Michael Weatherly) and the rest of the team help Vance (Rocky Carroll) face his demons while uncovering a complex relationship with a killer that endangers his family in "Endgame." Paula Newsome, Penny Johnson Jerald and Kelly Hu guest star; David McCallum and Pauley Perrette also star. 9 PM on CBS CHIF



**Parenthood**  
Drew (Miles Heizer) helps Adam (Peter Krause) connect with Max (Max Burkholder) when he rejoins the baseball team. Sarah (Lauren Graham) makes friends with Amber's (Mae Whitman) English teacher (Jason Ritter). Julia (Erika Christensen) tries to teach Sydney (Savannah Paige Ray) to stand up for herself. 11 PM on NBC

**V**  
New episodes return with "Welcome to the War," which finds Erica (Elizabeth Mitchell) under attack at home and a new face who may pose a danger — joining the Resistance. Anna (Morena Baccarin) questions why Chad (Scott Wolf) hasn't done anything about his diagnosis. Val's (Lourdes Benedicto) "abnormal" pregnancy has Ryan concerned. 11:02 PM on ABC ASN

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- Timbaland Ft Katy Perry - If We Ever Meet Again
- Ricky J - Whatta Night
- Ke\$ha - Blah Blah Blah
- Down With Webster - Your Man
- Adam Lambert - Whattaya Want From Me
- Sean Kingston Ft Justin Bieber - Eenie Meenie
- Hedley - Perfect
- Justin Bieber Ft Ludacris - Baby

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Amy Winehouse is ready to start a family, according to her father. "She's become so broody. She loves kids, especially all our little cousins," Mitch Winehouse tells Contact Music. **METRO WORLD NEWS.**

## Celebrity Buzz

# Kate's home 'tainted'

**EVERYONE FEELS BAD FOR THE GIRL LIVING IN THE \$6M MANSION** Kate Winslet wants to move out of her marital home because it is "tainted" with bad memories, femalefirst.co.uk reports.

The Oscar-winning actress — who split from her film director husband Sam Mendes earlier this year — is desperate to leave their \$6 million US New York mansion because she can't stop thinking about the ar-

guments they had since they moved there in 2005.

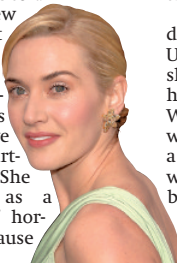
A source told the New York Post newspaper:

"Kate really wants to leave the apartment. She sees it as a house of horrors because

of the fights she and Sam had there. She feels it is tainted."

The 34-year-old star is desperate to return to the U.K. as soon as possible, so she can spend time with her close friends. However, Winslet is contracted to work on Mildred Pierce — a five-hour-long mini-series which is based on a novel by James M. Cain — before she can make the move.

**METRO WORLD NEWS**



# Ricky 'fortunate homosexual'

**AND GAY MEN AROUND THE WORLD SAY I TOLD YOU SO** Singer Ricky Martin put speculation about his sexuality to rest yesterday, posting a comment on his website that he is gay.

Martin wrote on his official website that, "Today is my day, this is my time, and this is my moment ... These years in silence and reflection made me stronger and re-



mind me that acceptance has to come from within and that this kind of truth gives me the power to con-

quer emotions I didn't even know existed."

He ends his post with, "I am proud to say that I am a fortunate homosexual man. I am very blessed to be who I am."

This is the first time Martin, 38 — who fathered twin sons with a surrogate mother — has publicly spoken about his sexuality.

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# Bullock ready to seek divorce from James

**CAN YOU SAY IRRECONCILABLE DIFFERENCES?** Sandra Bullock has reportedly returned to California to deal with the fall out from husband Jesse James' alleged infidelity, according to Popeater. And the Oscar-winning actress reportedly plans to deal with the situation by getting the ball rolling on a divorce from James, sources say.

"It's

over," a Bullock pal says. "After everything that has happened, it is impossible for them to get back together, even though I'm sure she still loves the man she thought he was." Bullock is reportedly staying in the Hollywood Hills home she owned before her marriage

to James after spending the past week at her Texas retreat. **METRO WORLD NEWS**



# Cyrus' dream BF: Cobain

**SHE MUST BE SMELLING THE TEEN SPIRIT** Miley Cyrus is trying to prove she's growing out of her teeny-bopper image, and part of that effort involves distancing herself from the likes of Justin Bieber.

"I'm not necessarily a fan. I don't lis-

ten to that kind of music," Cyrus tells MTV News. "I like Kurt Cobain. (He) is like my dream boyfriend," she says of the late Nirvana front-man, who committed suicide when Cyrus was just 16 months old.

**METRO WORLD NEWS**

# Papers prep obit for Lohan

**JUST PLAYING THE ODDS** Lindsay Lohan has become so prone to trouble that several newspapers have reportedly already written her obituary just in case the young actress passes away unexpectedly, according to Popeater.

"News outlets need to be pre-

pared. However shocking a story it might be, they are in the business of breaking news fast and any preparation that can be done ahead of time is them simply doing their jobs," a source says. "We all scrambled when Brittany Murphy and Heath Ledger died and don't want that to happen again."

**METRO WORLD NEWS**

**METRO WORLD NEWS**

## Got a great idea?

Have you ever had a great idea to make your neighbourhood healthier? If so, we'd like to hear from you!

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Deadline for applications is Friday, April 30th, 2010



**Chebucto West**  
Community Health Board

Follow these celebrities on Twitter...

## CelebTweets

**DEMI MOORE** is taking Kim Kardashian to task over word usage, **NICOLE "SNOOKI" POLIZZI** is turning off Twitter for a while and **TOM HANKS** wants to get ahead of the technology trend for his next film.

**@mrskutcher**  
@KimKardashian No disrespect I love a girls night out but a pimp and pimping is nothing more than a slave owner!

**@Snooki**  
I'm going to have twitter withdraw!!! Gettin geared up to shoot season 2 !!! I missed cameras in my face

**@tomhanks**  
Thinking to shoot Larry Crowne not in 3-D, but 6-D. May go all the way to 7- or 8-D. Stand by.

**METRO NEWS SERVICES**

# Brand, not Perry, the Bridezilla

**WOULD ANYONE BE SURPRISED IF HE WORE A WHITE DRESS IN THE CEREMONY** Katy Perry isn't obsessing too much over her upcoming wedding to Russell Brand. Surprisingly, it's her fiancé that's filling the Bridezilla role in their relationship, Perry admits.

"I'm not that obsessed," she tells Hollyscoop. "If we stop for breakfast, he has to stop and get Bride magazine. It gets a little crazy."

**METRO WORLD NEWS**

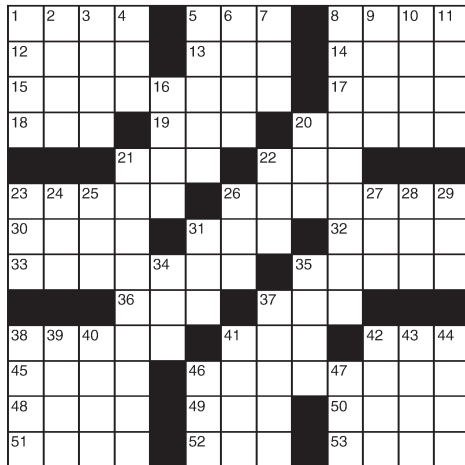
**METRO WORLD NEWS**

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For more delicious Metro recipes, visit: [metronews.ca/food](http://metronews.ca/food)

## Take Five



### ACROSS

- 1 Disappear gradually
- 5 Fox competitor
- 8 Georgetown athlete
- 12 Sacred bird of Egypt
- 13 Carnival city
- 14 Squared
- 15 Screwdriver type
- 17 Car
- 18 Conger, e.g.
- 19 Donkey
- 20 Mgmt.
- 21 Historic boy king
- 22 Suitcase
- 23 Calyx leaf
- 26 Rum exporter
- 30 Door handle
- 31 Levy
- 32 Lake vessel
- 33 Lemon-coloured
- 35 Big feather
- 36 Environmentally friendly
- 37 Witness
- 38 Explosion
- 41 Fellow
- 42 Time of year

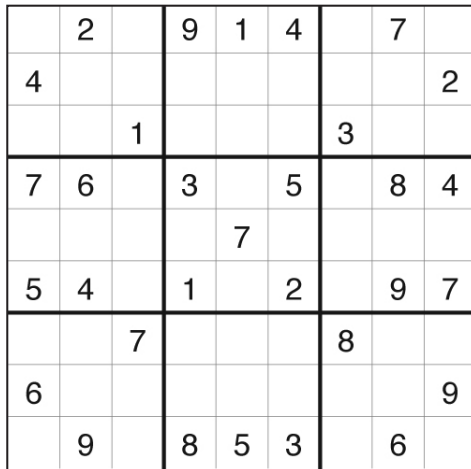
### DOWN

- 1 Flute's kin
- 2 Competent
- 3 Use a rotary phone
- 4 Superlative ending
- 5 Peak of a wave
- 6 Prejudice
- 7 Turf
- 8 Place of honor, at dinnertime
- 9 Egg, biologically
- 10 Bigfoot's cousin
- 11 In due time
- 16 Burglar's booty
- 20 Intention
- 21 Sodium chloride
- 22 Send electronically
- 23 Firmament
- 24 Away from WSW
- 25 Rep. or Dem.
- 26 — Leno
- 27 Debtor's letters
- 28 Rotating part
- 29 Dined
- 31 Number suggested by 53-Across
- 34 Autumn mo.
- 35 Confined, with "up"
- 37 Soothing remedy
- 38 Forehead
- 39 Old Italian money
- 40 Gel in a petri dish
- 41 Primary
- 42 Dog food brand
- 43 Pace
- 44 Engrave
- 46 "No seats" sign
- 47 Winter mo.

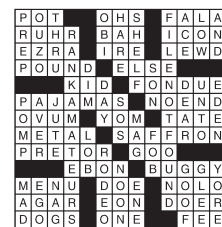
### Sudoku

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



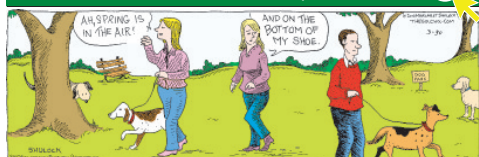
### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



8	3	4	2	9	7	6	5	1
5	9	7	1	8	6	3	2	4
2	1	6	3	5	4	9	7	8
3	5	2	9	7	1	8	4	6
4	6	1	5	3	8	2	9	7
9	7	8	6	4	2	1	3	5
7	4	3	8	1	9	5	6	2
6	8	5	7	2	3	4	1	9
1	2	9	4	6	5	7	8	3

### On the web

For more games and 60 additional daily cartoon strips, visit [metronews.ca](http://metronews.ca)



### Metro Recipe of the Day



### Roasted artichoke and pepper bruschetta

#### INGREDIENTS:

- 1 ciabatta
- 1 red pepper, thinly sliced
- 2 tbsp olive oil (from jar of artichokes)
- 12 slices salami
- 4 tbsp tapenade
- 1 jar roasted artichokes in olive oil, drained and sliced

#### METHOD:

1. Preheat broiler and line bottom of broiling pan with foil. Cut ciabatta into 12 slices on diagonal, each 1/4 in. thick. Put on broiling pan rack and cook about 1 minute on each side or until golden.
2. While bread is toasting, toss red pepper slices in oil. Remove broiling pan rack with toast still on it

and set aside. Put pepper slices in single layer to one side of foil-lined pan and cook 3 minutes. Add salami to other side and broil 2-3 minutes or until peppers are lightly singed and salami slices start to crisp. 3. Meanwhile, stir contents of tapenade jar to blend in oil, then thinly spread onto toasts. Place pepper and artichoke slices on each piece, then top with crispy salami. Return to broiler to heat through. Serve at once.

**SERVES 4**

**rd.ca**

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



### Horoscopes by Sally Brompton [sallybrompton.com](http://sallybrompton.com)

For Sally's expanded daily and weekend horoscopes, visit [metronews.ca](http://metronews.ca)

**ARIES**  
**MARCH 21-APRIL 20**  
Force yourself to do something for another person today. Not only will you quite enjoy the effort but you will impress some very important people.



**TAURUS**  
**APRIL 21-MAY 21**  
You must resolve a difference of opinion and learn to get along with someone whose help you are going to need.



**LIBRA**  
**SEPT 23-OCT 23**  
Don't sit and brood on what might have been. Although today's full moon may be hard to deal with you know you have lots to be thankful for.



**SCORPIO**  
**OCT 24-NOV 22**  
Certain things may not have worked out the way you intended but is it really such a big deal? Of course not.



**GEMINI**  
**MAY 22-JUNE 21**  
Help will arrive when you need it most. Not only that but your current situation is not nearly as bad as you like to think it is.



**SAGITTARIUS**  
**NOV 22-DEC 21**  
You don't have to do anything special to impress others today — just be yourself and they will like what they see.



**CANCER**  
**JUNE 22-JULY 22**  
Be careful who you confide in today. Not everyone has your interests at heart and if you let slip any valuable information there is no telling where it might lead.



**CAPRICORN**  
**DEC 22-JAN 20**  
You have made the best of a difficult situation and can feel rightly pleased with yourself. But don't stop there.



**LEO**  
**JULY 23-AUG 23**  
The world is full of people who say they want the truth when all they really want is to hear their own ideas and theories accepted by everyone else.



**AQUARIUS**  
**JAN 21-FEB 18**  
Don't waste time on trivial things. Decide what is your main priority and focus on it to the exclusion of everything else.



**VIRGO**  
**AUG 24-SEPT 22**  
Blackmail never works, so get rid of the idea that by applying emotional pressure on someone you can make them conform. You can't.



**PISCES**  
**FEB 19-MARCH 20**  
Today's full moon may harden your resolve not to give in to someone's pleas, but do you really want to appear cold-hearted?



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[smokershelpline.ca](http://smokershelpline.ca)

Canadian Cancer Society  
Société canadienne du cancer

Financial contribution from  
Health Canada Santé Canada

### This day in history

- 240 BC — 1st recorded perihelion passage of Halley's Comet.
- 1842 — Anesthesia is used for the first time in an operation by Dr. Crawford Long.
- 1858 — Hymen Lipman patents a pencil with an attached eraser.
- 1954 — Yonge Street subway line opens in Toronto. It is the first subway in Canada.
- 1981 — U.S. President Ronald Reagan is shot in the chest outside a Washington, D.C., hotel by John Hinckley, Jr.

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